

CONNECT



ISSUE 14 • AUGUST/SEPTEMBER 2019

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TASTE

ERICA PLATTER
on Durban's legendary
curries and her latest
cookbook

DRIVE

Two very special bakkies:
TOYOTA HILUX GR SPORT
and LEGEND 50
+ TOYOTA GR SUPRA

EXPLORE

Road trip to Nowhereland:
the far-flung corner
of the Karoo that is
STEYNSBURG

INSIGHTS

Four STYLE
ICONS reveal their
favourite spots
in Jozi



HILUX

50 YEARS OF LEGENDARY PERFORMANCE

THE NEW TOUGHER-ER HILUX LEGEND 50



TOYOTA

LEAD THE WAY



The Hilux Legend 50 is a celebration of 50 years of tougher-er, with both technological and design updates and 13 models to choose from. The exterior boasts a more aggressive grille and front bumper, unique wheel design, black styling bar, roof rails* and a tow bar, while the interior has a larger, integrated multimedia display and smart entry* with push start*. Legend 50 badging inside and out ensures the legendary legacy continues. *Available on selected models.

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Toyota SA @ToyotaSA

HILUX
LEGEND 50

FORTUNER
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TOYOTA

LEAD THE WAY

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FORTUNER4X4CHALLENGE.CO.ZA OR DIAL *120*62800#



GARMIN

PEZULA
HOTEL

salomon



SPECIALIZED

Ts & Cs apply. Closing date 24 October 2019. USSD costs 20c per second.

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THE LEGEND & THE ICON

CLYNTON YON, Toyota's Senior Manager: Corporate Communications, shares the special place the HILUX and SUPRA have in the Toyota family.

AT FIRST GLANCE

the only thing they share in common is the Toyota ellipse adorning their grilles. Dig a little deeper however and the family ties that bind the Hilux and the Supra together become more apparent. One is a legend; the other an icon.

A legend is defined as a larger-than-life story passed down from one generation to the next. It fits the Hilux to a tee – more than just a bakkie, the Hilux, now eight generations on, has thousands of stories to tell.

For over 50 years, 18 million of these indomitable pick-ups have been forging trails around the globe, from the Arctic tundra to the deserts of the Kalahari. Who can forget Clarkson and Co of *BBC Top Gear* fame taking an elderly 1988 diesel Hilux with over 300 000km on the clock and subjecting it to all sorts of physical abuse? The mechanical torture consisted of driving it down a flight of steps, scraping buildings, crashing headlong into a tree, being washed out to sea, submerging it in the swirling water for hours, driving it through a garden shed, dropping a caravan onto it, clobbering it with a wrecking ball, setting it on fire and, finally, placing it on top of a multi-storey apartment block before unceremoniously setting off an explosion which imploded the entire building.

All that remained was a pile of rubble and – yes, you guessed it – that Hilux. Nevertheless, it was dug out of the heap and resuscitated with nothing more than a few tools that were left in the truck's toolbox. As testament to the Hilux's never-say-die attitude it now enjoys pride of

place in the *Top Gear* studios and was appropriately dubbed “The Invincible Hilux”. No wonder this unstoppable vehicle has earned the highest trust and admiration for its off-road capabilities, endurance and overall ability.

It's worth noting that Hilux racked up an all-time SA sales record in June – 4 770 units found new homes. It's been at the top of our sales charts for an incredible 47 years and with more than a million local sales under its belt, it doesn't look like it's about to relinquish its crown anytime soon... a true legend and a very worthy recipient of its latest Legend 50 badge.

Now the Supra couldn't be more of a polar opposite to the Hilux, but it too boasts a distinguished lineage. The fifth-generation Toyota GR Supra may be all new, but it still adheres to the basic tenets of “Supradom”. According to Chief Engineer Tetsuya Tada, the new Toyota GR Supra was conceived as a sports car in its purest form, with no

compromise that might diminish the pleasure of the driving experience. Following the tradition of its illustrious predecessors, the newcomer boasts styling influenced by the evergreen Toyota 2000GT and the extrovert Mk4 Supra, a front-mounted, straight-six engine driving the rear wheels, a stubby wheelbase, low centre of gravity as well as a lightweight and highly rigid body. The result? An intoxicating blend of power, agility and precision handling wrapped up in an uber-desirable package. Suffice it to say it's been a long time since I've been so captivated by a car – it's an object worthy of veneration. In my books that makes it an icon.



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NEWS



HILUX HELPING TO SAVE RHINOS

A neglected Hilux has been restored and donated to South African National Parks (SANParks) to help rhino anti-poaching efforts at the Pilanesberg National Park. It was thanks to Northam Toyota's Shaun Finn and assistance from Monitor Dealers that this project worth R230 000 was completed.

It's not the first time Toyota has donated a vehicle to SANParks. Recent contributions include four Avanza models

used for law enforcement, a brand-new Hilux double-cab 4x4 for anti-poaching activities, as well as R450 000 for the refurbishing of six vehicles and extension of their service plans.

"Protecting our wildlife heritage is close to our heart," says Vice President of Service, Customer Service and Future Toyota at Toyota South Africa Motors John Thomson. "The plight of rhino and other endangered species requires our attention."



SAFETY

TOP NCAP RATINGS FOR COROLLA AND RAV4

The new Toyota Corolla and RAV4 have both secured a top 5-star rating in Euro NCAP's independent safety testing programme.

The cars performed strongly across the board in the protection given to adult and child occupants and to "vulnerable road users," such as pedestrians and cyclists, as well as the effectiveness of the Toyota Safety Sense active safety systems employed locally in RAV4 VX models.

In addition to the "designed-in" strength of the Toyota New Global Architecture platforms that underpins both models, both also feature the second-generation Toyota Safety Sense package, which includes:

- **The Pre-Collision System** that not only detects stationary or slowing vehicles, but also pedestrians in both day and night-time driving, and cyclists by day
- **Adaptive Cruise Control**
- **Lane Departure Alert** with steering control
- **Automatic High Beams**
- **Road Sign Assist**

OUR OLYMPIC ROBOTS

As a worldwide partner of the Olympic and Paralympic Games, Toyota is providing mobility solutions that go beyond providing official vehicles for the Olympic and Paralympic Games Tokyo 2020. One way Toyota is doing this is by participating in the "Tokyo 2020 Robot Project", that will see robots used to support the mobility at various venues. By helping people feel and experience their hopes and dreams, Toyota believes it will be able to further contribute to the excitement and success of the Tokyo 2020 Games.

"At Toyota, we use industrial robot technology for a variety of applications based on our dedication to 'Supporting human life activities and living in harmony with people'," says Nobuhiko Koga, Chief Officer of Toyota's Frontier Research Centre. "'Mobility for all' is not only the 'physical' movement of a person or thing from one location to another, but also includes 'virtual' mobility of a person."

1. HSR & DSR At the Olympic Stadium, the Human Support Robots and Delivery Support Robots will serve over 1 000 spectators requiring mobility assistance.

2. Mascot Robots, Miraitowa The Tokyo 2020 mascot robot can share arm movements force-feedback interactions. via a remote-location robot.

3. T-HR3 These humanoid robots are a unique way for other guests in remote/distant locations to interact with athletes.



NEW MODELS



● QUANTUM LEAP

The vehicle that defined passenger and cargo transportation in South Africa has raised the bar yet again with an all-new Toyota Quantum. Here are some highlights from this new-generation vehicle, which is available in both bus and panel van derivatives:

Improved practicality: Increased cabin length and width means more interior space, with more legroom and headroom.

Stylish cabin: Coordinated colours, patterns and shapes give the cabin a modern, open feel.

More power: Thanks to a new, more fuel-efficient and refined 2.8-litre turbodiesel engine.

Added safety features: Active and passive safety technologies include the Anti-Lock Braking System with Electronic Brake-Force Distribution, Vehicle Stability Control, Hill-Assist Control, and Trailer Sway Control.

Ultra-modern new look: The more aerodynamic shape has a new radiator grille and headlamp configuration that, in the GL Bus models, gets chrome treatment to the grille, as well as vertical LED Daytime Running Lights and fog lamps.

SMALL CAR RANGE TWEAKED

● YARIS

Along with the comprehensive standard feature list, the Yaris range now gets an upgraded Anti-theft system, whilst the Xs, Sport and Cross variants will come with rear Park Distance Control (PDC).

The range continues unaltered with four (Xi, Xs, Cross and Sport) grades across five models.



● AYGO X-CLUSIV

Replacing the X-Play Silver, the model comes in two variants with bespoke exterior treatment and fog lamps as standard.

● AYGO X-CITE ORANGE

The flagship Aygo now offers buyers the option of a vibrant-orange canvas top. The orange roof can be paired with any of the six exterior colours.



● ETIOS

The entire Etios range gets an upgraded security system, including an alarm and immobiliser. The Etios line-up offers both hatchback and sedan models in the Xi and Sprint configuration, and hatch only in the Cross configuration.





WINNING AWARDS

KINGS OF KINSEY

Toyota once again dominated the annual AA-Kinsey Report with a total of eight category awards. South Africa's most popular motoring brand walked off with three first places, three second places and two third places.

To put the overall result for the 2019 report into context, there were nine vehicle categories – one of which didn't include a Toyota product – and thus a total of 27 podium places. Toyota's eight awards look even more impressive when one considers that the next-best brand had just three.

The models fared as follows:

- **First place:** Fortuner, Corolla Quest and double-cab Hilux (all locally-made vehicles)
- **Second place:** Corolla Prestige, Yaris, Prado
- **Third place:** Rush, single-cab Hilux

"Buying a new car is the exciting part of vehicle ownership; for many, that's where the fun stops," says Calvyn Hamman, Senior Vice President of Sales and Marketing at Toyota South

Africa Motors. "Parts availability and pricing are the biggest bugbears for local drivers, so we strive to make sure that whatever happens on the road, one of our 200-plus dealers will be able to resolve the matter quickly, efficiently and affordably."

PLATINUM AT THE 2019 NADA DSI AWARDS

Toyota and Hino South Africa both achieved platinum awards at the 2019 National Automobile Dealers' Association (NADA) Dealer Satisfaction Index (DSI) Awards. Now in their 24th year, the NADA DSI Awards measure dealers' satisfaction with the various automotive brands.

Not only did Toyota and Hino retain their number-one spot from last year, but Toyota South Africa Motors also made history by being the first manufacturer to win Platinum in both Passenger/Light Commercial Vehicle and Commercial Vehicle categories in the same year. Lexus – Toyota's premium-segment brand – also walked away with a gold award.

TOYOTA AND HINO SOUTH AFRICA BOTH ACHIEVED PLATINUM AWARDS AT THE 2019 NATIONAL AUTOMOBILE DEALERS' ASSOCIATION DEALER SATISFACTION INDEX AWARDS

COMING SOON

LET'S GET CONNECTED

Toyota and Lexus South Africa are taking in-car connectivity to a whole new level with the introduction of standard connected features, including in-car WiFi on all models. Watch the space!

toyota.co.za



H O M E G R O W N

A celebration of SOUTH AFRICAN design, innovation, collaboration and culture

WORDS AMELIA BROWN

LIKE A BOS

BELOVED HOMEGROWN ICE-TEA brand BOS has launched an unsweetened version. Free of sugar, sweeteners, caffeine, preservatives and colourants, it remains true to BOS's rooibos roots: the local superfood, hand-harvested in the Cederberg for BOS, has a naturally sweeter taste than black tea, making it an ideal base ingredient. Flavoured with a dash of natural fruit and botanicals, BOS

Sparkling Unsweetened Ice Tea is available in three variants: Blueberry & Jasmine, White Peach & Elderflower, and Pineapple & Coconut. BOS has partnered with Greenpop to plant and maintain one tree for every 2 000 units sold. The initiative has been in action since the very first can was sold, and 22 000 trees have so far been planted in underprivileged or treeless areas. [@bosworld](#) | [bosbrands.com](#)



20-MILLION GRASSHOPPERS



MENTION "GRASSHOPPERS" TO A South African, and they might think of footwear before they think of the insect. From classrooms and boardrooms to agri co-ops and factories, Grasshoppers are something of a South African legend. The brand announced that it's produced more than 20-million shoes in the original facility in Great Brak River in the Western Cape since Grasshoppers launched in the 1960s. Promising to be "the most comfortable shoe ever made", the range now includes boots, moccasins and vellies in a variety of colours and finishes, in addition to those iconic school shoes. [grasshoppers.co.za](#)

ARTIST & DESIGNER NEO MAHLANGU

T

HE SOUTH AFRICAN

Reserve Bank and the South African Mint have released a series of six circulation coins as part of the “SA25 – Celebrating South Africa” commemoration of 25 years of democracy. Depicting the first democratic election and five different themes from the Bill of Rights, the new circulation coins, as well as a range of collectable coins, were designed in collaboration with local creatives Neo Mahlangu, Maaïke Bakker, Rasty Knayles, Peter Mammes and Lady Skollie. We spoke to artist and designer Neo “Nene” Mahlangu to find out more.

WHEN DID YOU KNOW ART AND DESIGN WERE IN YOUR FUTURE?

I always knew I was creative, but I didn't know how to direct that energy. As a teen, I took up dance, music, singing, writing. Later, I discovered that my ideas translate well into pictures, and I realised I could have a career as a visual artist. My mind is always buzzing with ideas, and I'm thankful to have found a way to exercise that part of me.

CAREER HIGHLIGHTS? Being a Cassirer Welz Award finalist in 2017 at Absolut One Source Live, a festival that celebrates African creativity, was a good stepping stone. My involvement was facilitated by the Bag Factory Artists' Studios and Strauss & Co. The Bag Factory is a creative hub that continues to play a big role in my career. Being featured as an Emerging Creative at Design Indaba 2018 taught me how to turn my creativity into a viable career. I was included in the Between 10and5 list of the top 40 creatives under 30, and this year I designed two coins for my country... All of these highlights have been a great learning curve.



1



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1. Lady Skollie's design features images of the voting stations in 1994. 2. Artist Peter Mammes's design celebrates the spirit of Ubuntu. 3. The reverse of the collectable R500 coin, designed by architect Shaun Gaylard, depicts the main entrance of the Constitutional Court. 4 & 5. Neo's Right to Education and Children's Rights-themed R2 coins.

TELL US ABOUT THE BRIEF FOR THE SA25 COINS.

The South African Mint approached me with themes from our constitutional Bill of Rights – Children's Rights and the Right to Education – to create artworks about. The pairing of these two coins made sense to me; I think they go hand in hand. I believe one of the most important things to achieve in our youth is a good education; even as we grow older, we should never stop learning. I wanted the Children's Rights coin to embrace the vibrancy of youth and, hopefully, remind adults of the energy of their younger days, so we can continue to support, encourage and direct our children to be the best version of themselves. If children thrive, the future of our country will be in good hands. In addition, I've never seen a black female on our currency before, and that's something I wanted to change – so you'll see a girl among the group on the Children's Rights coin.

Neo Mahlangu



WHAT ARE YOU WORKING ON RIGHT NOW?

I'm working on a solo exhibition, which will be happening in a few months. I'm also taking part in some group exhibitions towards the end of the year. Stay up to date with my news on Instagram @nenemahlangu.

samint.co.za

DAVID COPE'S WINTER REDS



W

HETHER IT'S VIA THE ONLINE

store, fairs or wine bars in Johannesburg and Cape Town, Publik is the destination for curated artisan wines. Wine merchant and Publik owner David Cope shares the reds you want to know about this season:

1. LOWERLAND TOLBOS TANNAT 2018 Farmed near Prieska in the Northern Cape and made from a variety almost nobody has heard of (Tannat is the grape!), this is a chunky, tannin-heavy and dark berry-strong tippie. Consider your pairing with a hearty roast taken care of.

2. MOUNT SUTHERLAND TEMPRANILLO 2015 An experimental vineyard in the Sutherland-Karoo region – one of the highest, coldest and most isolated in the country – produces a wine that's unsurprisingly intense, distinctively different and (as is the case with most Tempranillo) not short of bold character. Ready for the winter steak braai!

3. CITY ON A HILL RED 2018 This lighter take on Syrah has been released by André Bruyns, the assistant winemaker at David & Nadia who has unearthed some gem vineyards in the Swartland. Fresh, tart, with a tangy, fruity crunch, it will have you empty a bottle before you know it.

4. MAANSCHIYN KOLONEL MOSTERT EN DIE TWEESOUTIES RED 2017 As the name suggests, the two English Cape winemakers Paul and Doug worked with renowned grower Willie Mostert to produce this supple red blend. Smooth and soft, with much texture on the palate, it's a good, medium-bodied red to see you through the storms.

5. SIJNN RED 2015 If the blend isn't interesting enough (Touriga Nacional, Trincadeira, Mourvèdre, Syrah and Cabernet Sauvignon), the fact that these grapes are all grown along the Breede River should be. Pioneer producer David Trafford's creation is showing incredible potential with winemaker Charla Haasbroek at the helm. [@publikwine](#) | [publik.co.za](#)

H&M / MANTSHO COLLAB



H

&M'S COLLAB WITH

South African designer Palesa Mokubung of Mantsho drops mid-August in all South African stores, as well as in selected flagship stores in the US, UK, France, Spain, Portugal, the Netherlands, Belgium, Mexico, Chile and Israel. Known for the vibrant use of pattern and colour, and distinct silhouettes that are simultaneously structured yet soft, Mantsho means "black is beautiful" in Sesotho, Palesa's mother tongue.

[@palesamokubung](#) | [mantsho.com](#)

LISTEN UP

15 SOUTH AFRICAN PODCASTS YOU NEED TO KNOW ABOUT

1. AFRODADDY

Vlogger and Afro Daddy Terrence Mentor and his wife Julie discuss life and parenting, and frankly answer listener questions.

afrodaddyonline.com

2. ALIBI

Journalist and author Paul McNally produced this award-winning investigative true-crime podcast that follows the story of Anthony De Vries, a man who's been in jail for 17 years for murders he says he didn't commit.

alibi.org.za

3. CLIFFCENTRAL

From money and bitcoin to health, fashion, comedy and politics, you're bound to find a thread that interests you.

cliffcentral.com

4. RUGBY365

The team at one of South Africa's leading rugby websites unpacks the week's most riveting news.

rugby365.com

5. LESSER KNOWN SOMEBODIES

A light-hearted interview show hosted by Jo'burg comedian Simmi Areff.

simmiareff.me

6. SOCCER LADUMA RADIO

Soccer Laduma Radio brings you football shows and interviews with professional stars, coaches and personalities. Catch episodes weekly.

soccerladuma.co.za

7. SOUND AFRICA: THEY KILLED DULCIE

A seven-part series about the murder of struggle hero Dulcie September in 1988 in Paris. Still an unsolved case, the epic story investigates her life and the circumstances of her assassination.

soundafrica.org

8. THE FANTASTIC HISTORY OF FOOD

Author Nick Charlie Key uncovers absurd, amusing and interesting stories about food.

foodhistorypodcast.com

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8



10



13

**9. BEE THERE DO THAT**

Host Yolanda Busbee Methvin delivers a bi-monthly lifestyle and travel podcast, which features everyday stories about people, food, race and social impact in Africa, and how they all intersect.

podcasts.apple.com/za

10. GOOD THINGS GUY

The Good Things Guy Brent Lindeque is on a mission to change what we pay attention to, sharing the best Good News stories from South Africa and the world.

goodthingsguy.com

11. EDITING ALLOWED

Dig into topics on South Africa's news agenda with a panel of top news editors who know the stories best.

businesslive.co.za

12. BRAND FAMOUS

Hosts Craig Rodney and Dean Oelschig explore marketing theories and tactics through brand analysis and interviews.

podcasts.apple.com/za

13. THE MASHSTARTUP PODCAST

Mashudu Modau hosts a podcast to advance Africa's start-up ecosystem and encourage, empower and educate young people on issues related to entrepreneurship and business through digital content.

mashstartsup.co.za

14. BABY BRUNCH

Award-winning TV and radio personality Elana Afrika-Bredenkamp holds insightful conversations with fellow moms and dads to share knowledge and inspiration.

babybrunch.co.za

15. THE MATT BROWN SHOW

Speaker and entrepreneur Matt Brown invites guests to discuss topics around business leadership and entrepreneurship.

mattbrownshow.com

UNFOLDING LEZANNE VIVIERS'S DEBUT COLLECTION



CALLED “UNFOLD”, THE FIRST collection by Lezanne Viviers, the former creative director of Marianne Fassler’s Leopard Frock label, has been widely celebrated on the South African fashion scene. With a focus on each item being a high-end, handmade art piece, “Unfold” features only two of each garment. Lezanne has a curiosity for

textures and unusual fabrics, and how materiality influences wearability, tactility and the experience of a garment. For the AW19 campaign, VIVIERS collaborated with milliner Studio Lennie. Nico Krijno was behind the camera, with Caroline Greeff working makeup magic on models Rhulani Kubayi and Caleb Nkosi. [@viviers.studio](https://www.instagram.com/viviers.studio)

MASH.T DESIGN STUDIO / HOUTLANDER COLLAB

AWARD-WINNING local designers Thabisa Mjo of Mash.T Design Studio and Phillip Hollander and Stephen Wilson (the duo behind furniture brand Houtlander) came together to collaborate on the Hlabisa Bench, which went on show at Révélations International Fine Craft & Creation Fair in Paris earlier this year. The shape of the bench was inspired by a three-legged pot Thabisa saw her

grandmother use when she visited her in KwaZulu-Natal as a child, as well as the undulating hills of the region. The search for a weaver fittingly led the collaborators to Hlabisa, a rural corner of KZN that is home to a number of renowned South African master weavers. Stephen refers to the piece as “a juncture” that melds design and craft with technology and tradition. @mashtdesignstudio | houtlander.co.za



IMAGES: Nico Krijno; Brett Rubin; Benjamin Boccas

EAST COAST FLAVOUR

Celebrated food author ERICA PLATTER has long championed Durban's legendary curries. She tells us about her latest book, *Durban Curry: Up 2 Date*

WORDS MELANIE REEDER

JOINING HER HUSBAND

John on a South African government delegation to celebrate long-standing diplomatic relations with China many years ago, Erica Platter took offence at a showcase of "local" South African food that completely omitted KZN flavours. "When people think of South African food, they automatically go to the Cape – it's all boboties and waterblommetjies," says the renowned print journalist and long-time business partner to John. (Together, they're responsible for the world-famous *Platter's South African Wine Guide*, of which 1.5-million copies have been printed since the first edition in 1980.)

"Durban curry is a national treasure," says Erica – but there isn't a universally accepted standard for it. This book draws on the complex and nuanced evolution of the dish, and features a foreword by author and UJ professor Ashwin Desai, who places Durban curry politically and historically, with a description of its origins and its significance in Indian-South African heritage. He also touches on the ubiquitous "running fowl", a key ingredient (and, by the sound of things, a sometimes flighty opponent!) in many a Durban curry.

Most Indian South Africans will recognise the "Up 2 Date" tag line as a reference to the variety of potato preferred by

IT'S A CULINARY STORYBOOK ROOTED IN THE PEOPLE AND PLACES OF DURBAN AND THE NORTH COAST

Erica's roots are without doubt in KwaZulu-Natal – and it was her East Coast heritage that influenced her that day in China as she looked at the largely Cape Malay dishes on display. She resolved to do something about it.

What followed was a series of books highlighting the many faces of the humble Durban curry, starting with *East Coast Tables* in early 2011. It was such a hit that she followed it up with similarly themed books, all offering a different take on traditional food of KZN, and all collaborations between Erica and Clinton Friedman, who is responsible for the visuals.

Her latest project is a feast for the senses. *Durban Curry: Up 2 Date* is "not a cookbook", says Erica emphatically. It's a culinary storybook rooted in the people and places around Durban and the North Coast. Although it does contain recipes, each entry has a story attached to it, with considered portraiture of local restaurateurs, chefs, cooks, café owners, caterers and personalities, as seen through Clinton's lens.

curry aficionados. It's also obviously a link to the book's predecessor, *Durban Curry: So Much of Flavour*, which was published by Jacana in 2015.

Let's just say that if you live on the KZN North Coast, *Durban Curry: Up 2 Date* will feel like a snapshot of home...



DURBAN CURRY: UP 2 DATE

(published by Paw Paw) is available at bookstores for R395, as well as at the restaurants and outlets mentioned in the book.

durbancurry.co

LINDA'S DHAL SOUP

This vegetarian curry-inspired starter can be served in pretty teacups or tiny bowls – or as a hearty winter soup. Yes, it can get chilly on the KZN coast, especially if there's snow on the Drakensberg! This signature dish of Spice Restaurant on Westbrook Beach was dreamed up by chef Linda Burger.

INGREDIENTS

- 1 cup yellow split peas
- 2 cups hot water
- ½t each salt and turmeric
- 4 cloves garlic
- 1 tomato, skinned, deseeded and chopped
- 2T olive or sunflower oil
- ½t each cumin seeds, mustard seeds and red chilli flakes
- 2 green chillies, deseeded
- 1 medium onion, chopped
- 1 cup cooked spinach, chopped
- ½ cup fresh dhania, chopped
- 1 beetroot, cooked and grated, to garnish
- Cooked prawns, to garnish

1. Cover split peas with water. Add salt, turmeric, garlic and tomato, and boil until peas are tender.
2. Heat oil in another pot. Add seeds, chilli flakes, fresh chilli and onion, and fry gently until onion is golden.
3. Add spinach, and braise for four minutes.
4. Mix in peas, and simmer gently for 10 minutes.
5. Remove from heat, cool slightly, then blend until smooth.
6. Stir in dhania, place in cups, and garnish with a dollop of beetroot and a prawn.



1. Chef Linda Burger's famous dhal soup.
2. The secrets and traditions of KZN cooking are at the heart of *Durban Curry: Up 2 Date*.
3. Russell and Linda Burger are the owners of Spice Restaurant.



WAITING

—
The launch of two special vehicles
– the TOYOTA HILUX GR SPORT and
the TOYOTA HILUX LEGEND 50 –
required a special road trip...
—

IN ITS NATURAL



IT WAS LIKE BEING

in a huge outdoor zoo. Within minutes of our sunset cruise down the Chobe river on the border between Botswana and Zimbabwe, we'd spotted elephant, water buffalo, hippo, squadrons of crocodile (of course), many different species of buck and abundant birdlife – including several fish eagles. It was practically a scene straight out of Madagascar – it wouldn't have surprised anyone to hear them all break out into a rollicking song.



FOR YOU

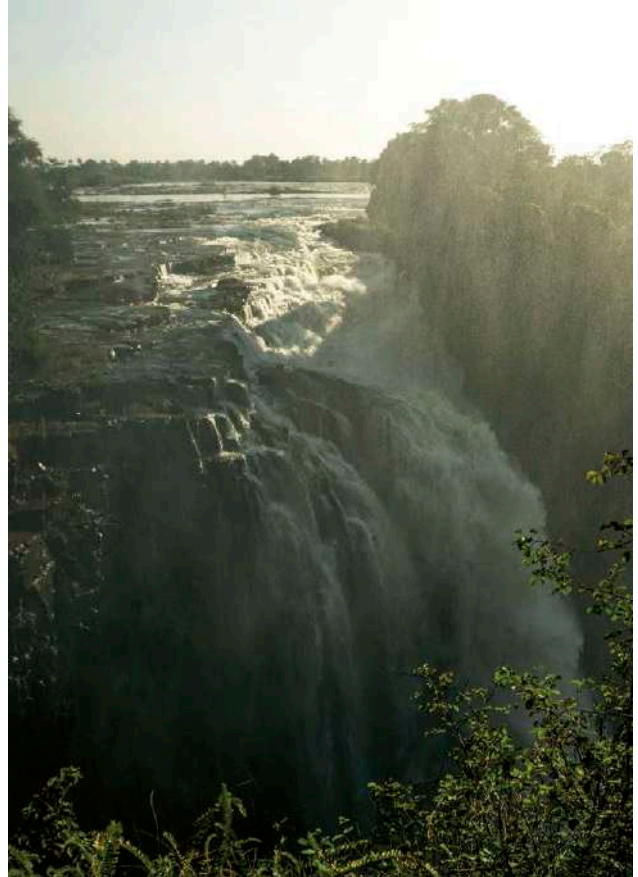


HABITAT

WORDS STEVE SMITH

But then again, this wasn't your average road trip ... the Chobe National Park marked the starting point of the itinerary for the launch of two very special Toyota Hilux models. After flying in from O.R. Tambo, our overnight lodgings were the Chobe Safari Lodge in Kasane, before driving east the next day to the Zimbabwe side of the majestic Victoria Falls.

And it wasn't just the route that made an impression on the collection of motoring scribes either. In the orange-blue hues of a crisp, early African morning, waiting for us all were several examples of two brand-new Hilux double-cab special editions – the Hilux GR Sport and the Hilux Legend 50.



Above and left On the road between Kasane and the mighty Victoria Falls.

Below and below left Supper on the Royal Livingstone Express; sunset on the Chobe River; the Pandamatenga border post between Botswana and Zimbabwe.

THE LEGEND 50 MARKS 50 YEARS OF THIS ILLUSTRIOUS VEHICLE





**THE GR SPORT'S OFF-ROAD HANDLING IS MORE CONTROLLED AND
THE STEERING RESPONSE SHARPER, RESULTING IN A SPORTIER RIDE**



HILUX GR SPORT

First up was the Hilux GR Sport and, once we'd made our way out of Kasane, our route took us the perfect road to test the new performance-focused Hilux's abilities. Loose gravel and the occasional rocky surface provided an excellent test for the GR Sport's tuned suspension and 4x4 drivetrain. It has changes to both its shock absorbers and spring rates with the new monotube shock absorbers with revised damping working together with increased front spring rates. You can immediately feel the difference from behind the wheel – the off-road handling is more controlled, the steering response sharper and the result is a sportier ride without sacrificing ride comfort. As you'd expect from South Africa's toughest bakkie, there's been no compromise of load-carrying ability and the rear leaf spring rates remain unaltered.



THERE'S CERTAINLY NO MISTAKING THE HILUX GR SPORT, WITH ITS BOLD GAZOO RACING BRANDING AND SIGNATURE RED/WHITE/BLACK DECALS



Power is courtesy of the bomb-proof, punchy and fuel-efficient 2.8 GD-6 turbodiesel engine, delivering 130kW and 420Nm, and mated exclusively to a 6-speed automatic transmission (with manual and sport modes) and 'switch-on-the-fly' 4WD transaxle. With plenty of torque available from as low as 1 400rpm, there was plenty of fun to be had through these Botswanan gravel roads.



This page In line with Gazoo Racing's distinctive livery, the GR Sport is available in three colours: Glacier White, Arizona Red and Attitude Black (pictured here); interior red accents reinforce the double-cab's sporting credentials; all models feature GR Sport-specific 17" alloy wheels.



LIKE ITS FOREBEARS, THE LEGEND DERIVATIVE CELEBRATES ITS MILESTONE WITH INTERIOR AND EXTERIOR ENHANCEMENTS RATHER THAN MECHANICAL CHANGES

HILUX LEGEND 50

Next up was a proper icon. Back in 2004, Toyota South Africa launched the bespoke limited-edition Legend 35 – named to celebrate the 35 years of local Hilux. This was followed by the Legend 40 in 2009, built on the global IMV platform, and Legend 45 in 2014. No surprises then that 2019 sees the launch of the latest in this lineage and the Legend 50 marks 50 years of this illustrious vehicle.

Like its forebears, the Legend derivative celebrates its milestone with interior and exterior enhancements rather than mechanical changes. And that meant under the bonnet was the familiar 2.8 GD-6 turbodiesel engine that, in our vehicle, transferred its 130kW/420Nm via a 6-manual (it is also available in 6-speed auto).

Most visible among these aesthetic enhancements is a new front upper and lower grille with full black-out treatment in gloss finish and matching stylised fog-lamp surrounds that

complement the LED headlamps incorporating daytime running lights. At the rear, a black rear bumper, smoked taillamps and tailgate badging, complete the visual package ... and of course there is Legend 50 badging on the grille, tailgate, customised rear styling bar, and front doors.

Steering wheel operability and a reverse camera were welcome features too.

By late afternoon we'd arrived at our destination – the magnificent old Victoria Falls hotel on the Zimbabwe side of the great natural wonder. Time for a quick shower to get rid of the bushveld dust and we hopped aboard another remnant of a bygone era – the Victoria Falls Steam Train – for a sunset journey over the Victoria Falls Bridge that spans the gorge. The train then stopped on the Zambia side where we had our supper. And that made it breakfast in Botswana, lunch in Zimbabwe, and supper in Zambia. Not an average day ... perfect then for what's clearly not an average bakkie.

BOOK YOUR TEST DRIVE

toyota.co.za

Visit our comprehensive website or download the MyToyota app, and click on the BOOKINGS tab at the menu bar. Fill in your details, and your nearest Toyota dealer will be in contact to set up a time that's convenient for you.

**POWER COMES COURTESY OF THE BOMB-PROOF, PUNCHY AND
FUEL-EFFICIENT 2.8 GD-6 TURBODIESEL ENGINE DELIVERING 130KW AND 420NM**



Above and below All GR Sport models feature a racing inspired black bonnet and roof, along with black accents on the side mirrors, black tailgate badging, GR-branded tubular side steps, and over-fenders.

Bottom All Legend 50 models are based on the Raider grade and therefore feature a comprehensive specification list that now includes keyless entry and push-start ignition.

THE RANGE

HILUX GR SPORT

Limited edition Only 600 GR Sport models will be built.

Engine 2.8 GD-6 turbodiesel / **Output** 130kW and 420Nm
Transmission 6-speed auto

HILUX LEGEND 50

Available in single-cab, Xtra-cab and double-cab

Engine 2.8 GD-6 turbodiesel and 4.0 V6 petrol (DC only)
Transmission 6-speed manual and 6-speed auto



WAITING

For sports car enthusiasts all over the globe, the wait for the much-anticipated fifth-generation TOYOTA GR SUPRA is over.

FOR YOU

THE LEGEND RETURNS

WORDS STEVE SMITH





T HAS CERTAINLY

been well worth it, with a fun-to-drive performance vehicle that delivers an exhilarating blend of power, agility and precision handling. Conceived from the outset as a sports car in its purest form, with a short wheelbase, wide track, low centre of gravity, lightweight and highly rigid body, Toyota GR Supra is the first global GR model from Toyota Gazoo Racing Driving.

CONCEPT & EXTERIOR DESIGN

Even at first glance, it's clear to see Toyota's sports car heritage in the GR Supra's design. There's the iconic Toyota 2000GT's influence in the long bonnet, compact body and double-bubble roof, while both the front and rear styling capture the distinctive look of the previous-generation – the Mk4 Supra – notably in the muscular rear wings and the arc of the integrated spoiler.

The frontal design has a low stance emphasised by a prominent central grille flanked by large air intakes – these intakes are not simple design cues, but are essential for engine cooling. The distinctive headlight units feature a six-lens LED arrangement that incorporates both the turn indicators and daytime running lights (DRL).

The low bonnet generates a dynamic line that flows rearwards from the car's low nose, while the back edge of the bonnet and the rear spoiler are set almost at the same height, linked by a low belt line. Blacked-out A-pillars and character lines on the side of the roof emphasise the taut, compact cabin.



DRIVER-ORIENTATED COCKPIT

The driver's cockpit is designed to help you focus entirely on the business of driving and is directly influenced by the layout in single-seater race cars. The low, slim horizontal dashboard allows maximum forward vision through the windscreen, helping you place the car with precision, while the principal controls are tightly grouped for quick and easy operation.

The head-up display, meters and paddle shifts all sit directly in front of you, with additional switches located on the three-spoke steering wheel. The wheel itself is contoured for excellent grip and is wrapped in leather. The 8.8-inch high-definition driver's instrument display is clearly visible through the steering wheel, with the 3D-effect tachometer and shift indicator positioned in the centre.

PERFORMANCE & HANDLING

The resemblance to its celebrated predecessors is more than skin-deep though, and the Toyota GR Supra has the classic sports car format of a powerful, front-mounted six-cylinder engine and rear-wheel drive.

Prodigious power comes courtesy of a 3.0-litre engine which is fitted with a single twin-scroll turbocharger that produces 250kW and 500Nm of torque and, coupled with an eight-speed automatic transmission, delivers smooth and powerful acceleration, with large amounts of torque available across the full spectrum of engine speeds.

"Fun to Drive" was a key factor throughout the GR Supra's development. "I repeatedly told the development team that I wanted them to hone any aspects of the car that stimulate the driver's senses or instincts," says Tetsuya Tada, Chief Engineer of the Toyota GR Supra. "I said that it wasn't necessary to achieve perfect scores for every aspect, we just need to make sure the car is fun to drive. Anything that goes against that can be disregarded."

The result is a sports car with high structural rigidity, a low centre of gravity, and ideal 50:50 front/rear weight distribution.



This page Adaptive Variable Suspension features sensors that constantly monitor the way the car is being driven and the road conditions; the transmission provides lightning-fast up and downshifts, with short ratios used for the lower gears.

THE RANGE

The GR Supra model line-up consists of two models, the GR Supra Track and GR Supra. The Track model is aimed at enthusiasts wishing to use their vehicle predominantly for performance-orientated driving and prioritises vehicle dynamics over convenience specification. The “normal” GR Supra adds a raft of comfort and convenience specification.

Toyota GR Supra Track
Toyota GR Supra (Prominent Red)
Toyota GR Supra (Metallic)
Toyota GR Supra (Matte Grey)

Warranty & Maintenance A 4-services/80 000km service plan is provided as well as a 3-year/100 000km warranty.



SHIFTING TOWARDS THE FUTURE

TOYOTA'S DIRECT SHIFT CVT transmission, used in the new Corolla Hatch, improves both efficiency and performance. This is how it works

WITH THE INCREASED

volume of traffic on our roads, more and more drivers are looking for the convenience of an automatic transmission. Keeping track with this demand, advancements in automatic transmission technology have meant that car owners can enjoy equal or even superior performance and lower fuel consumption compared to manual units.

HOW A TRADITIONAL CVT WORKS

Of all the types of self-shifters, continuously variable transmission (CVT) remains the most elegant engineering solution. It consists of two pulleys connected by a metal drive belt that transmits the engine torque. While traditional 'boxes use a fixed number of gear ratios, a CVT allows an infinite number of drive ratios between a minimum and maximum value (limited by the pulley sizes). How? Well, moving the belt up or down the conical sides of the pulleys changes the contact radius and therefore the ratio.

The main advantage of a CVT is that it allows the engine to operate in its most efficient speed-load region – and that saves fuel (even keeping engine speed constant while the vehicle is accelerating), and ensures the engine runs at peak power when maximum performance is required.

WHAT A DIRECT SHIFT CVT ADDS

CVTs have been criticised for their slow response to accelera-



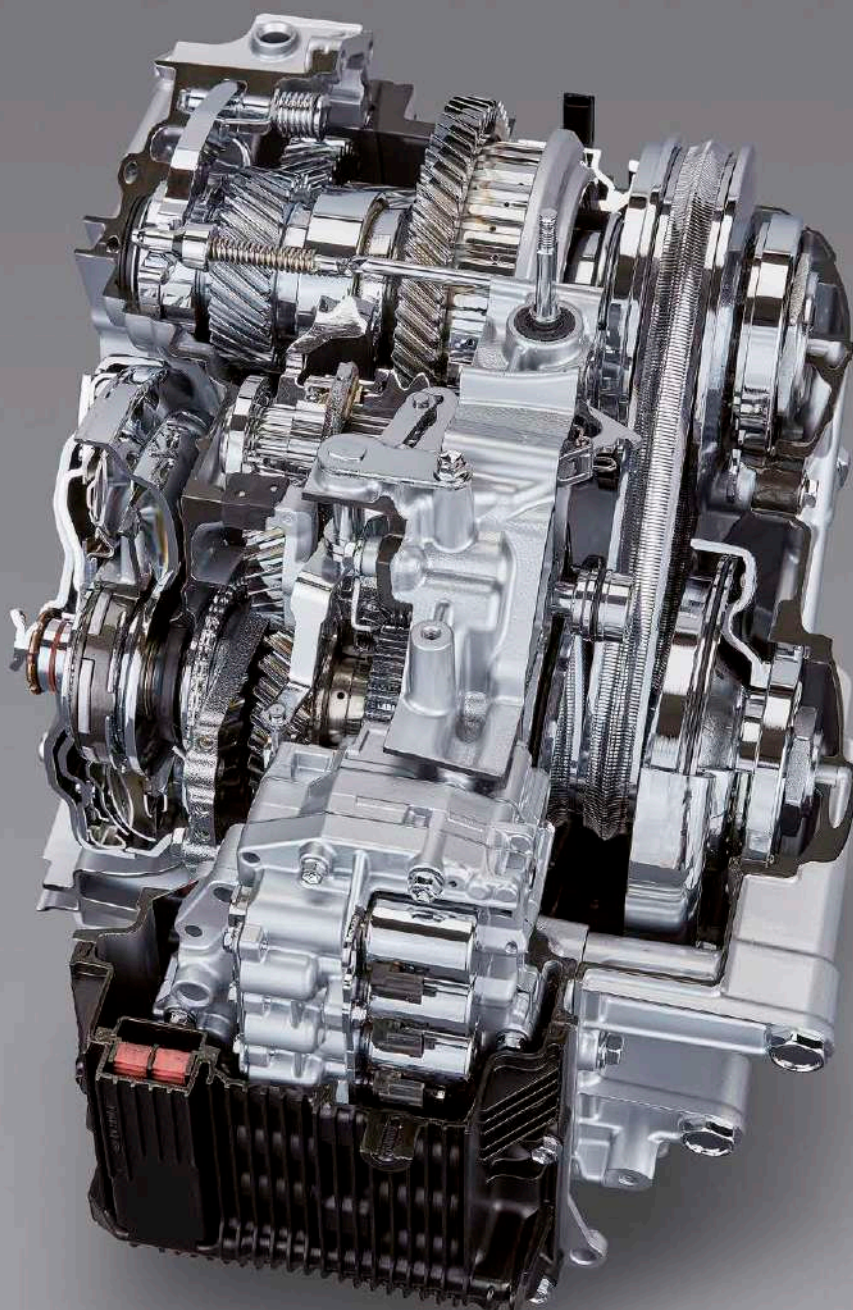
tion input from the driver, especially during pull-away. To address this concern, Toyota has developed the world's first CVT with a mechanical first gear. Called Direct Shift CVT, it employs a traditional first gear to remove the tardiness of a CVT during take-off, before it engages the CVT at higher vehicle speeds. This has allowed Toyota engineers to reduce the size of the pulleys, while the total ratio spread of the transmission, including the mechanical first gear, is actually wider than the standard CVT. The benefits include lower engine speeds while cruising, and a more compact unit from a packaging point of view.

An added advantage of a mechanical first gear handling the high ratio of torque multiplication is that the metal belt in the Direct Shift CVT is subjected to lower forces. The belt-contact angle on the pulleys is reduced from 11° to 9°, and while that might not seem like much, it means the hydraulic actuator can move the belt 20% faster than before – which improves response time.

SPORTIER FEEL

For more spirited driving, you can opt to take manual control of the transmission. In this mode, the CVT mimics actual gear shifts by moving the belt in "steps" that resemble defined gear ratios. Like a traditional automatic transmission, this allows the engine revs to rise towards the redline before shifting to the next virtual gear as fast as a modern dual-clutch transmission.

This new drivetrain technology is a feature of the recently launched Corolla Hatch (as well as the Rav 4 and Lexus UX). To read about the technology is one thing; best is to experience it first-hand by booking a test drive at your local Toyota dealer. You may just find that it is the automatic choice...



CALLED DIRECT SHIFT CVT, IT EMPLOYS A TRADITIONAL FIRST GEAR
TO REMOVE THE TARDINESS OF A CVT DURING TAKE-OFF

BEST BAKKIE

Businessman and farmer JUSTICE NKAWE has clocked over a million kilometres in his 16-year-old 3.0 KZTE Toyota Hilux double-cab

WORDS BIDI RORKE

UNLIKE MANY

entrepreneurs and businessmen who rely on emails, phone calls and text messages to seal a deal, Justice Nkawe opts to conclude agreements with a personal handshake.

When it comes to buying cattle, this entails driving on dirt roads and gravel tracks to various smallholdings in the North West. “I deal with subsistence farmers in rural locations, so I need a vehicle that can manage tough conditions,” Justice explains. “I drive out there personally to view the cows. I don’t like relying on middlemen.”

His decision to buy a Hilux paid off handsomely: Justice recently celebrated an impressive 1 000 000km on the clock, roughly equivalent to three one-way trips to the moon. “After 999 999.9 kilometres, the odometer clicked over to six noughts, although the trip meter carried on working,” he says. “I’m already a couple of hundred kilometres into the next million!”

The 75-year-old farmer and businessman doesn’t see himself as a car aficionado. “I’m an old man, and I have no interest in putting myself in the position of driving a modi-

fied, unreliable vehicle. I’ve kept everything as is since purchasing this car. I haven’t even fitted a canopy.”

Justice explains that he bought Harmony Farm, a 400-hectare tract of land, in 2003, complete with 28 mixed-breed commercial cattle. “I’ve increased the number to 100 by buying in small amounts over the years. I don’t purchase stock at online auctions – I prefer to drive out to see the animals with my own eyes.”

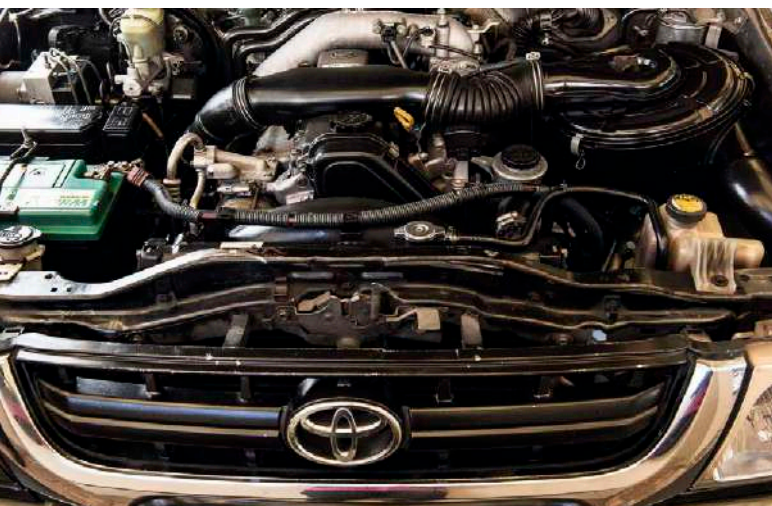
Although the father of three adult children doesn’t live on his farm permanently, he makes the 180km round trip from his suburban home in Kelvin, Johannesburg fairly regularly. When he’s on the road, he’s most likely listening to his favourite jazz musicians – Nat King Cole and Ella Fitzgerald.

“I chose my gunmetal-grey Hilux because I liked its shape – and it looked solid and dependable,” he says, adding that he has great respect for his robust ride. “If I had to buy another bakkie, I would definitely go for a Toyota again. It has never let me down, and it’s still 100% intact. The car has been serviced religiously at the dealer I bought it from, Monument Toyota in Ventersdorp. And the engine has never been opened for repairs.”

Before venturing into farming, Justice was a self-professed jack-of-all-trades. “After completing my honours in political science, I sold PCs, started an ice-cream venture, and opened a number of fast-food franchises, petrol dealerships and a butchery in Soweto.”

Justice still runs a number of businesses under his company name, JR Nkawe Investments. “My wife has retired from nursing and helps me in the business. My two daughters (one an attorney, one a BCom graduate) and my son work with me too. I’m getting on in years, so I want them to understand the details of the business because they’ll be running it in the future.”

Nowadays, Justice uses the Hilux as his daily drive, and says it’s a good all-rounder, whether it’s navigating urban streets, highways or gravel country roads.





"I'M ALREADY A COUPLE OF HUNDRED KILOMETRES INTO THE NEXT MILLION!"

EXPLORE

NOWHERELAND

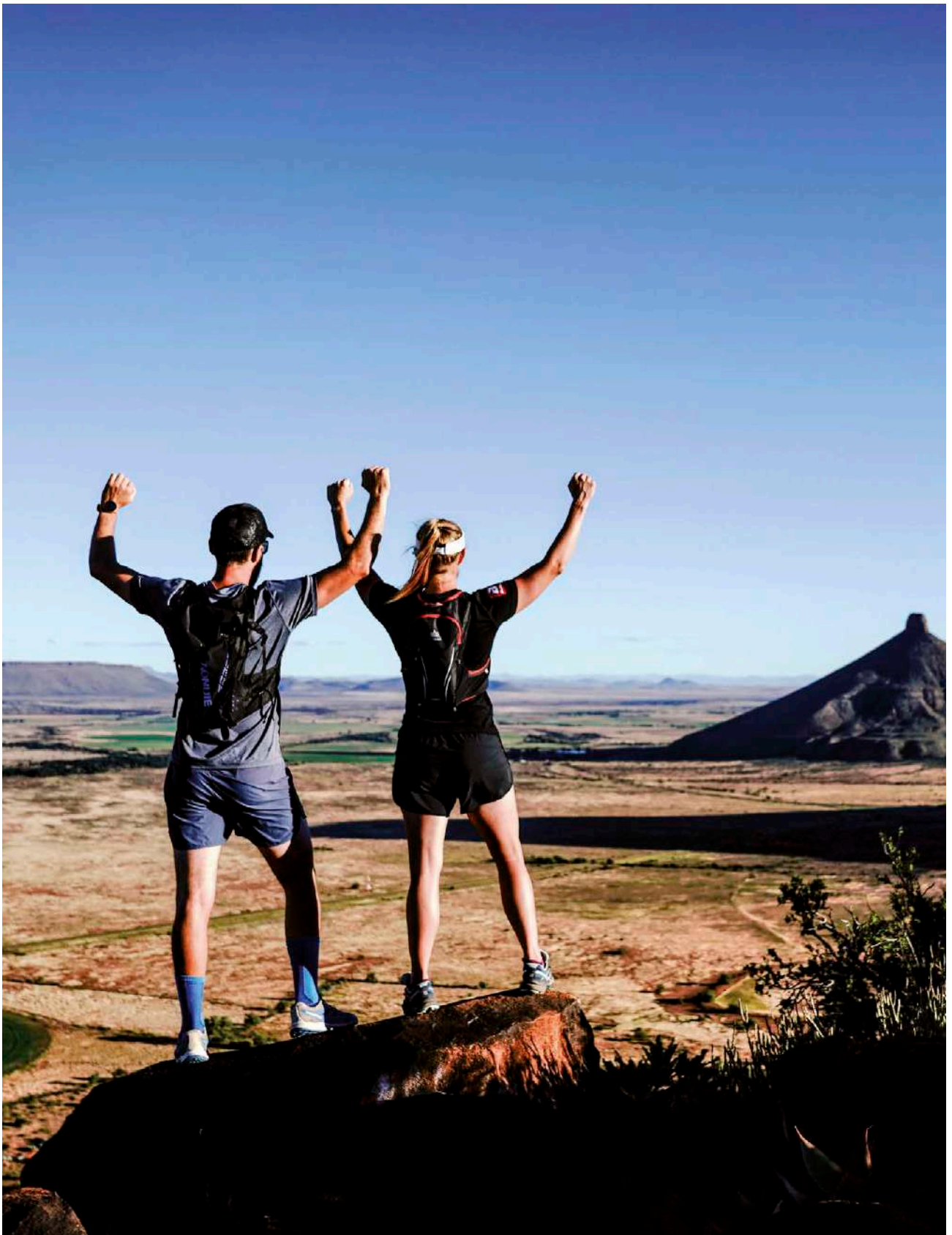
The Karoo corner where the Eastern Cape, Northern Cape and Free State cosy up to each other is an oft-forgotten piece of South Africa. It is wasteland and heartland in stasis, with a rich history inexorably being eroded by urbanisation and rural neglect. The **CHARACTERS** and **LANDSCAPES**, however, are of legendary proportions...

WORDS & IMAGES

JACQUES MARAIS

YOUR COUNTRY





T HE BAKKIE LURCHES

to a halt in a cloud of dust a couple of feet away from me. As the grit tornado clears, a farmer steps out with intent, ignoring my “Middag” greeting. “Wat maak julle hier?” he intones, with no reading between the lines required for an indirect translation to “Get the hell off my farm, pronto”.

I see a hunting rifle propped behind the driver’s seat and furtively glance at Zane; at least he’s sporting a legit Voortrekker beard, which might give us some wiggle room. “Ons wil graag gou daai koppies uitklim,” I explain, pointing at Teebus a few hundred metres away.

The farmer does a double-take. “Dis nie ’n koppie daai nie. En dit gaan ook nie gou wees nie.” The eish, however, has been broken, and we can relax into conversation with Johan de Beer, who has been living (and farming) in the shadows of this Karoo outcrop for what could constitute a lifetime. Apparently, he is also one of the few locals who have actually been to the top of Teebus.

The two koppies – Teebus and Koffiebus – stand as geological icons along the R56 between the forgotten dorps of Steynsburg and Rosmead. Their distinctive shape can be traced back a good 300-million years to when most of the Karoo was covered by a gigantic inland sea, with the bed over time hardening into the Dwyka formation. Epochal erosion layered silt onto this bedrock as the water slowly evaporated, and the dunes were then capped with lava during a volcanic mega-eruption approximately 180-million years ago.

This molten rock remained as dolerite (or ironstone) layers in certain areas, and has over aeons been shaped into flat-topped buttes. Geomorphologically speaking, the word “butte” comes from the French for “small hill”, and according to Wikipedia, refers to “an isolated hill with steep, often vertical sides, and a small, relatively flat top”.

The names can be traced back to the more recent history of Dutch settlers in the area. It is said that the shape of the two hills was reminiscent of the coffee and tea caddies of the early farmers; from there came “Tea Caddy” and “Coffee Caddy”.

Here endeth your history lesson, though. With at most three hours till sunset, we have our minds set on getting to the Teebus summit and, after a bit of to and fro, Johan sends us on our way with a dubious shake of his head. Most

This page This way to Nowhereland; dawn coffee along a dusty mountain pass is part of the package when you visit this area. **Opposite** The top of Teebus.

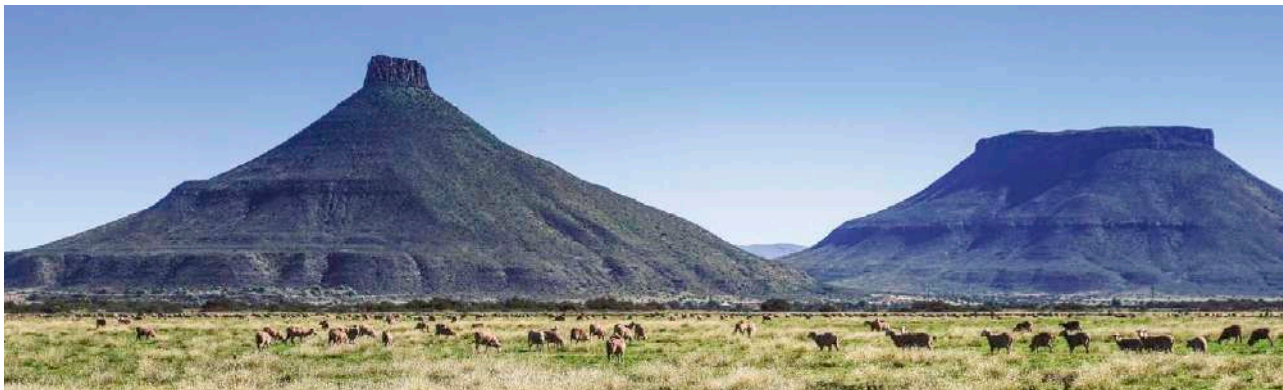
Opening spread Exploring the Koffiebus slopes along the Trail2Teebus trail-running route.



importantly, we learn there are some faint paint marks from years back, and that these indicate the best route.

The surrounding Karoo plains lie at approximately 1 100m above sea level, leaving us with just about 500m of ascent. Our trajectory makes for a steep and scrabbly tiger line, all the while dodging prickly pear and the full complement of thorny scrub. All good, though; in less than half an hour, we find ourselves at the foot of the imposing ysterklip ramparts.

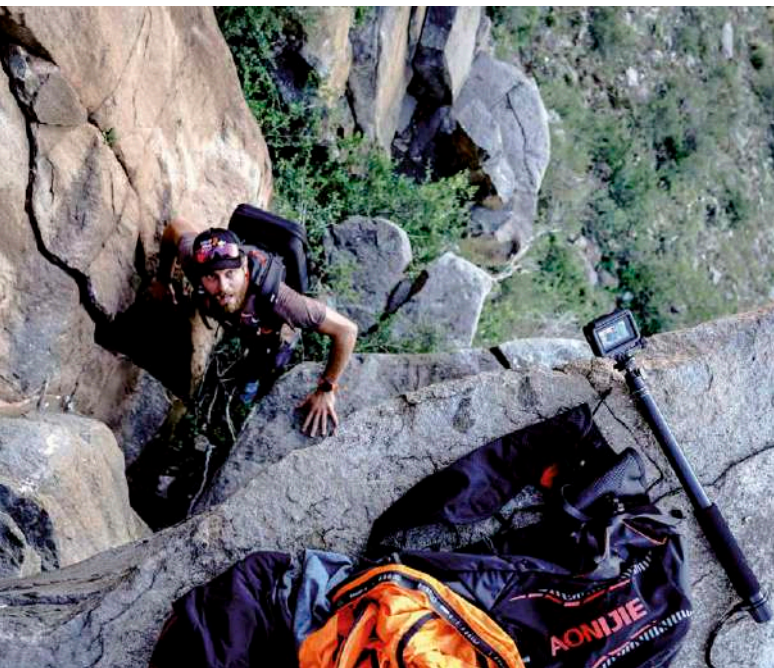
This is where Teebus flexes its muscle, and within seconds, the scramble morphs into a full-on climb. The solid dolerite makes for excellent holds, though, and we have enough light to discern the occasional paint mark along the sketchy route. Here and there, frayed ropes show where safety lines would have once offered some support – but right now, we are pretty



much free-climbing.


A steep chimney section spits us out into a slanted 60-degree gully, and this in turn leads to a veritable Legoland of house-sized boulders. We wedge and grunt our way via gaps and to the final crux: a jump onto a slanted face, with a dizzying drop of a good 200m yawning below if you do not stick this leap of faith.

We can literally see onto the actual summit, but our bravado tank is by now running in the red. And with the sun dipping down onto the western plains, and a nerve-wracking descent looming on the flip side of dusk's purple haze, we decide to turn tail and go to where the cold beers are...



This page, from top Merino sheep grazing on the Karoo plains; rusted signs on remote back roads; dark-zone mountain biking; a top-side view of the approach onto Teebus.

Opposite The endless skies of the Karoo.



TEEBUS AND KOFFIEBUS STAND AS GEOLOGICAL ICONS ALONG THE R56.
THEIR DISTINCTIVE SHAPE CAN BE TRACED BACK 300-MILLION YEARS



STAY HERE

HILLSTON FARM has an ironstone cottage, built in the late 1800s, with three bedrooms, a bathroom, a separate toilet, an open-plan kitchen, a dining room and lounge with under-floor heating, and a fully equipped kitchen. The four-bedroom country house has a farm-style kitchen with a coal/wood-burning stove, a dining room with an open fireplace, and a separate sunroom. Meals are provided on request.

hillstonfarm.co.za

MOUNT MELSETTER is a working farm with a gracious country home, featuring a TV lounge, Saddlebum Pub with adjoining sunroom, a quiet library, comfortable porches and a 14-seater dining room. Accommodation for 10 people is

provided in five double bedrooms. A further four people can be accommodated in Lairds, a block separate from the main homestead. Delicious meals are presented at the Melsetter Table.

greatkaroo.co.za

KAROO RIDGE CONSERVANCY is a four-bedroom eco-lodge with an open-plan kitchen and a living/dining area with a wood burner. Lighting is solar-powered; the fridge, cooker and geysers run on gas. Guests can choose self-catering or have the cottage stocked with groceries (at an extra cost). All meals can also be supplied by the homestead.

karooridgeconservancy.com

DO THIS

Tripping onto the Steynsburg plains was a bit like going home. The Baviaans River Conservancy, where I grew up on our family farms, lies a couple of hours to the south, so I felt like a 56-year-old kid let loose in an outdoor playground. Rooigras seeds in my socks, the whistle of wild rheebuck in the highland ridges, the smell of the fertile red soil ... it was all comfortably familiar.

MEET THE PEOPLE A gravelly mix of rough-diamond boertjies and tannies, they live a hard but beautifully real life close to the land. The conversations reminded me of my childhood, when I used to soak up the heat of my Ouma's Aga stove and listen to my grandparents discussing farm life by the light of oil lanterns. I also got to speak proper Gcaleka Xhosa again.

VISIT OVISTON This far-flung corner of the Karoo will blow your mind if you're into the great outdoors. Cruise the Oviston ghost town, with its empty Olympic-size swimming pool; or visit Paul Kruger's family home, now locked and forgotten, just off the R53. (You can get the keys to the little museum from Harmonie Farm up the road.)

DRIVE UP THE BULHOEK PASS The tarmac strip up Bulhoek Pass is overgrown and unused, but it is a spectacular drive – or a solid “Category 8” climb on a bicycle. Steynsburg (like all the forgotten dorps around here) has the post-apocalyptic feel of a town from a Deon Meyer novel, but the area brims with natural grandeur and historic diversity.



This page, from top Oom Charles with his granddaughter; forgotten farms and signboards; the panorama from the Trek2Teebus MTB stage race camping; Teebus summit will take your breath away. **Opposite** The first day of Trek2Teebus bombs you onto more than 70km of private farm tracks.



Characters – like Oom Charles on the farm where we stayed – are larger than life, and country hospitality overwhelms you at every turn. Trail runs, rock climbs, mountain treks, ridgeline traverses, birding, stargazing... Decide what you want to do, then plug into this amazing Eastern Cape space.

GO MOUNTAIN BIKING Gravel roads meander through the languishing dorps, and it is easy enough to arrange adventure cranking onto seriously off-the-grid jeep tracks and game footpaths. In addition to the hectic Bulhoek Pass, there's also the annual Trek2Teebus, a fabulously quirky and totally addictive three-day stage race in April. trek2teebus.co.za

RUN THE TRAILS Most of the mountain-biking and hiking routes in the area are perfect for running as well – and 2020 will see the first edition of Trail2Teebus, a three-day trail-running event that will take participants into the spectacular mountain ranges banging up from these intriguing Karoo plains.

ROCKLANDS...

WE HAVE A PROBLEM

Bouldering belongs to the genus *climbing*, and Rocklands in the CEDERBERG is a mecca for the sport

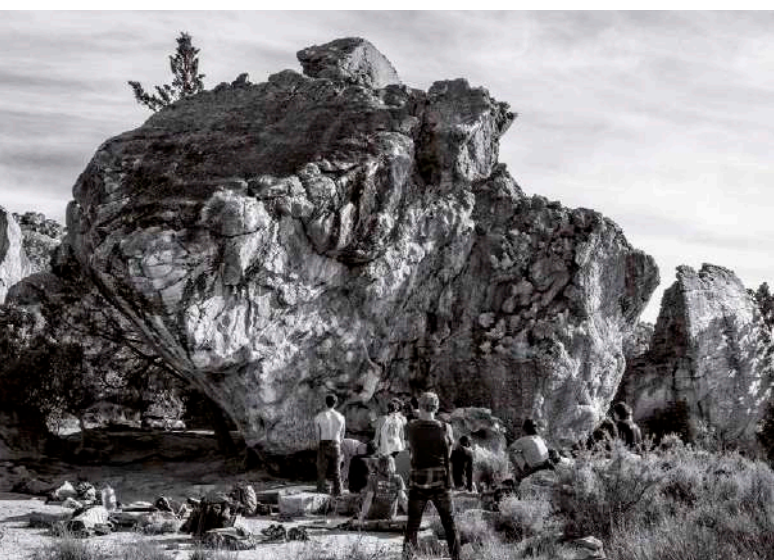
WORDS DAVE SOUTHWOOD

WE ARRIVE EARLY AT the De Pakhuys campsite bar to try to get a sense of how the bouldering gang warms up to a long-weekend Saturday night. Fleece and head torch-wearing climbers troop slowly into the venue, and we connect with a cosmopolitan group of friendly youngsters who have come to the Cederberg to boulder.

Broadly, climbing can be divided into trad-climbing (as in, “traditional”), sport-climbing and bouldering. Trad and sport are more dangerous than bouldering, mainly because the action takes place further from *terra firma*, but a boulderer might claim that his or her sport is the purest form due to the relative lack of kit needed to shimmy up a rock. All you need to boulder is a pair of climbing shoes, some chalk and a bouldering mat, which is placed in the potential impact zone on the ground beneath the boulder.



**A “PROBLEM”, IN BOULDERING PARLANCE, REFERS TO THE WAY
A CLIMBER WILL ASCEND A PARTICULAR ROCKFACE**



Bouldering involves an especially concentrated approach to climbing a small vertical (or inverted) section of rock. In contrast to bouldering’s more elevated relatives, where the decisions are spread out, bouldering places more immediate stress on the body and has fewer (but more demanding) moves. Seldom will the boulderer be more than six metres off the deck.

It’s also seen a spectacular rise in the last decade, mainly as a result of an increase in the number of indoor climbing gyms – hangar-sized spaces housing huge swathes of artificial rockfaces dotted with brightly coloured holds. This trend has made climbing accessible to large numbers of urbanites, and climbing gyms offer an indoor alternative to traditional gym life.

A lot of the talk in the bar revolves around bouldering “problems”. A “problem”, in bouldering parlance, refers to the way a climber will ascend a particular rockface. The solution

TRAD AND SPORT ARE MORE DANGEROUS THAN BOULDERING, MAINLY BECAUSE THE ACTION TAKES PLACE FURTHER FROM *TERRA FIRMA*



to the problem will describe the sequence of moves, the type of holds (crimp holds, pockets, jugs, kids, slopers, footholds, pinches, rails, roof jugs, volumes or loaves) available, and the particular combination of the two. Each climber will have his or her own permutation, which will depend on core strength, length of limb, general ability and finger strength.

The next morning, groggy climbers emerge from their tents, and a stream of cars snakes up the Pakhuis Pass to Rocklands. Rugged and exquisite with its great folds of sedimentary rock emerging from the ground, Rocklands isn't just a mecca for Western Cape boulderers: it has been recognised as one of the top three climbing sites in the world.

But beyond that fact, it's obvious why this is such a popular activity. Given the relatively low setup costs, its relatively safe nature, and the warmth of the community that supports it, bouldering isn't merely an excellent entry into the sport of climbing – it's a challenging form of outdoor exercise in its own right.

ROCKLANDS

GETTING THERE From Cape Town, take the N1 towards Paarl, then the N7 turn-off towards Malmesbury. After about 200km, take the R364 turn-off towards Clanwilliam and turn right at the T-junction. Continue through the town and up the Pakhuis Pass, along a dirt road, for about 16km. You'll hit tar again near the top of the pass. A small dirt road to the right will take you to the parking for the Rocklands bouldering sites. De Pakhuys campsite is about 8km further down the pass. depakhuys.com

FEES & PERMITS As the Cederberg mountains are part of Cape Nature-managed lands and situated on private properties, you will need a permit. You can purchase one at the De Pakhuys office or campsite, or online via quicket.co.za (search "Rocklands bouldering permit"). Individual permits cost R80/day, R130/weekend or R260/week.

URBAN ADVENTURE

THE STYLISTICS

Four Jozi style gurus meet us
in MABONENG to tell us why they
love their city and where they like
to spend their time

STYLIST KARIN ORZOL **IMAGES** GRAEME WYLIE

LANGA MAVUSO

Musician & songwriter



@langamav

Nkosinathi “Langa” Mavuso has graced some impressive stages, performing everywhere from the Red Bull Brickfields Music Festival with Spoek Mathambo to Rocking the Daisies as a solo artist. Since signing to Black Coffee’s label Soulistic Music, Langa’s star has been shining brightly. He’s had success with his EP *Liminal Sketches* as well as his latest single *Mvula*, and he is currently in studio working on a highly-anticipated debut album.

JO'BURG IS...

“A city that allows you to dream. It’s filled with unlimited possibilities if you work hard and are persistent. The people are vibrant and full of hope.”

LANGA RECOMMENDS...

PANTRY “I enjoy a good brunch – this is the best spot for that.”

AFRIKOA CAFÉ “A marble gem of a coffee shop on the Keyes Avenue art mile – really great coffee.”

ARTIVIST “A beautiful venue in the heart of Braamfontein that hosts great live music acts.”

SKINS COSMETICS “I love to smell good, and Skins’ fragrances are distinct and unique.”

THE ROYALE “A Cuban-style eatery and bar in Craighall, filled with the coolest characters.”





AMANDA CUSTO

Fashion blogger



@amandacusto

She's a commercial photographer by profession, but Amanda Custo's interest in fashion and styling started in 2010. Frustrated by not having easy access to models to pose for her styled shoots, she decided to start modelling the looks herself – and the blog amanda-custo.com was born.

JO'BURG IS...

"One of the most unique and friendly cities in the world. There is always a vibe, no matter where you are or what you're doing, be it enjoying a boat ride on Zoo Lake or eating lunch at Saigon Suzy in Parkwood – or just people-watching at a corner café in Maboneng. It's an inspiring and beautiful city."

AMANDA RECOMMENDS...

SOCIAL PARKWOOD "African fusion cuisine in a gorgeous setting with colourful murals."

DOUBLESOT COFFEE & TEA "It's in Braamfontein – I love this corner of Johannesburg, it's always great for pics."

SAIGON SUZY "Great food, karaoke and Pistachio Colada cocktails!"

BRYANSTON ORGANIC & NATURAL MARKET "Because it's not always easy to find good vegan fare."







BOBO NDIMA

AKA

BOBTHESTYLIST

Fashion entrepreneur

*@bobthestylist | @suitsbybobthestylist*

As the founder of creative lifestyle brand Boys of Soweto and owner of Suits by BobtheStylist, Bobo Ndima's aim has always been to use fashion to narrate positive stories about men in Soweto. In addition to being a fashion entrepreneur who's collaborated with international brands, Bobo is also a fashion stylist, suit designer, content creator and fashion events curator.

JO'BURG IS...

"Diverse and rich in culture. It is the right place for creative entrepreneurs such as myself to establish and express themselves. There are plenty of opportunities in this city – if you know where to look!"

BOBO RECOMMENDS...

UNWRAPPED "This is currently my favourite spot for healthy food and drinks."

BERTRAND CAFÉ "It's like a little slice of Paris in the Jo'burg CBD – especially the outside seating, which is great for people-watching."



NKATEKO MASWANGANYE

AKA

TAKKIESChoreographer, dancer
& fitness influencer

@takkies7

Having trained in modern and contemporary dance as well as hip-hop at some of the world's best studios, Nkateko Maswanganye is one of South Africa's most sought-after choreographers for music videos, commercials and TV shows. She developed an innovative dance-workout concept, Rockingnheels, and through her health and fitness lifestyle and female-empowerment focus, she's become a role model for many women.

JO'BURG IS...

"Diverse, fast-paced and vibrant – there's always something cool happening. I love the African feel of the city, and the way people of different backgrounds and cultures come together."

TAKKIES RECOMMENDS...**LEXI'S HEALTHY EATERY, GEMELLI AND THE CODFATHER**

"The food at each of these restaurants is absolutely divine."

THE ORBIT AND KATZY'S LIVE "I really enjoy venues that offer live music *and* food. It's cool to have a conversation and learn about new music – and I love meeting new people."

THE REFILLERY "A plastic-free, planet-friendly grocery store."

FOURWAYS FARMERS MARKET "I love that it's family-friendly, and that you can sometimes catch really cool live performances. Good food on offer, too!"

45 MINUTES TO FITNESS

Want to SWEAT BLOOD and BULLETS? Sign up for an F45 training workout

WORDS BIDDI RORKE

W

HAT STARTED AS A curated fitness programme for A-list celebrities like Leonardo DiCaprio and Nicole Kidman has morphed into a global fitness revolution that has now reached South Africa.

This fitness trend incorporates elements of three cutting-edge training styles – high-intensity interval training (HIIT), circuit training and functional training – and is said to be the most effective way to burn fat and build lean muscle. And because the workouts use everyday movements (think lunges, squats and jumps), there's little risk of injury – which is good news if you're a serious athlete and can't afford a torn

ligament to mess up your training plan. There are added benefits if you're a newbie, because F45 aims to create a supportive community while giving you personal attention. In fact, it's billed as the perfect alternative to joining a traditional gym (where you work out by yourself) or having a personal trainer (which can be pricey).

An active social media community means you can share your pains – and gains – with fellow members of the growing F45 tribe. There are no mirrors in the studio to make you feel self-conscious; the whole vibe is inclusive, friendly and supportive. And the beats are jumping!

AN ACTIVE SOCIAL MEDIA COMMUNITY MEANS YOU CAN SHARE YOUR PAINS AND GAINS ... AND THE BEATS ARE JUMPING!

LENGTH

Fixed 45-minute classes. Upbeat trainers ensure you use this limited time to achieve maximum results.

THE WORKOUT

F45 offers intense training workouts that are designed to make your muscle groups work in unison to help you look, move and perform better in general (not just at sports). A series of wall-mounted monitors provides a station-by-station diagram of each daily workout.

CARDIO During this type of F45 workout, you'll use plyometric movements, timing and tempo to blast both your aerobic and anaerobic systems – this means intense, high-energy, fat-burning, muscle-building and metabolism-boosting sessions. Bring your A-game, and put your endurance and stamina to the test.

Example session Bears: these use your own body weight as resistance. The emphasis on power and stability with longer work periods packs a powerful cardio punch – so don't be surprised if your arms and legs are still wobbly hours later.

RESISTANCE This training builds both muscle mass and bone

density. The sessions use functional movement patterns to help you increase muscle mass and, in turn, burn more calories every day – even at rest. Building your functional strength results in stronger, leaner, more defined muscles.

Example session Angry Birds: expect a positive shock to your system. The workout is dynamic, using varied tempos and different degrees of resistance to challenge your body's upper, lower and core muscles. The goal is to keep the calories burning long after the workout.

HYBRID These involve a combination of cardio, resistance, agility and core movements, leading to an epic burn that increases your endurance, fires up your metabolism and improves your overall strength.

Example session Miami Nights: the aim is to unleash your inner functional athlete. Combining functional cardio, resistance and body-weight training, this workout is not for sissies.

WHERE

F45 studios nationwide. **F45training.co.za**





MOTORSPORT

VICTORY AT

TOYOTA GAZOO RACING dominated the 87th 24 Hours of Le Mans
with a one-two finish at the Circuit de la Sarthe,
following a dramatic final hour

LE MANS





H IGH TENSION

and drama in the closing stages of this year's race saw Sébastien Buemi, Kazuki Nakajima and Fernando Alonso in their #8 TS050 HYBRID not only defend their Le Mans crown, but also secure the drivers' World Championship, winning by 16.972 seconds.

What was looking like certain victory for team-mates Mike Conway, Kamui Kobayashi and José María López in the #7 car had a sudden twist when, on the 367th lap, with a lead of more than two minutes, data on the #7 car indicated a puncture, and José pitted to replace the tyre. A sensor issue resulted in the wrong tyre being identified, meaning José left the pits with a tyre that was still deflating. This necessitated a slow lap back to the pits and a change of all four tyres, handing an unassailable lead to Kazuki in the #8 car.

The #7 crew had controlled much of the contest, having set the fastest-ever Le Mans race lap of 3:17.297. Other motorsport records were rewritten too: Kazuki became the first circuit-racing World Champion from Japan, and Fernando became the second driver to win four-wheel world titles in two different disciplines, having previously been crowned Formula 1 champion.

The #7 car had started the race from pole position following Kamui's fastest qualifying lap, with the #8 car starting just behind. That set the scene for an exciting and close battle for overall victory between the two 1 000PS TS050 HYBRIDs, with momentum swinging one way and then the other.

After 12 hours, the two Toyotas were separated by only 8.6 seconds and, during the night stint, #7 seized a decisive advantage after its sister car suffered bodywork damage caused by the rigours of a tough, flat-out contest. The #8 car was thus battling an aerodynamic imbalance, but the team still had enough pace to always remain on the same lap.

As the final hours approached, the gap remained relatively



stable (at around two minutes) and the focus switched to bringing the cars home safely. All appeared to be going to plan – until the #7 car experienced its dramas and Kazuki took the lead with less than an hour to go.

“It’s amazing to win Le Mans for the second time, but it came really unexpectedly,” said Fernando after the race. “We did not have the pace to win the race against car #7 on the track. Today, luck was a big factor; this is part of motorsport. I feel for my team-mates – who are actually more than team-mates, they are friends. They would have deserved the victory, but the race chose us to win it. Our main goal was to win the World Championship, and we are very proud to have achieved that.”

1. Celebrating a Japanese victory. 2. Pit stops and driver changes are a huge feature of the 24-hour endurance race.
3. Fernando Alonso contemplates his next stint.



4

4. The #7 car set the fastest-ever race lap at Le Mans.
 5. Champagne showers on the podium.
 6. Crossing the finish line in first place.
 7. Triumphant: team Toyota Gazoo Racing.



5



6



7

24 HOURS OF LE MANS RESULTS

#8 Toyota Gazoo Racing

385 laps

#7 Toyota Gazoo Racing

+16.972 seconds

#11 SMP (Petrov / Aleshin / Vandoorne)

+6 laps

#1 Rebellion (Jani / Lotterer / Senna)

+9 laps

#3 Rebellion (Laurent / Berthon / Menezes)

+15 laps

#36 Signatech Alpine (Lapierre / Negrão / Thiriet)

+17 laps

10 000
ONLINE
RECIPES



Great Food For Every Adventure

ROAD TRIP!

Food24 – South Africa's largest online recipe collection

food24
Africa's biggest food website