

# CONNECT



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## READY FOR DAKAR

Toyota's Dakar-winning team principal Glyn Hall on the 2020 Dakar

## THE BE MAGUGU

Meet the award-winning future of South African fashion

## TURN UP THE HEAT

Three delicious chicken recipes to add some spice to your entertaining

## GRAVEL BIKES

Cycling's hottest trend has a brand-new endurance series

# 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.

BOOK A TEST DRIVE TODAY AT [TOYOTA.CO.ZA](http://TOYOTA.CO.ZA)

Toyota SA @ToyotaSA

**HILUX**  
**LEGEND 50**



22



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T O Y O T A C O N N E C T

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## WIN!

1



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### 1. TOYOTA HILUX-BRANDED THULE LUGGAGE

To win one of three exclusive Toyota Hilux-branded Thule Subterra 36-litre carry-on bags, send an email with the subject line "Toyota/Thule competition" to [toyotaconnect@newmedia.co.za](mailto:toyotaconnect@newmedia.co.za).

#### Include the following info:

- The answer to the question: **What is the best-selling bakkie in South Africa?**
- Your full name, email address, postal address, mobile number and ID number (required by the Consumer Protection Act)

### 2. DUNHILL ICON EDP FOR MEN

To win one of two 30ml Dunhill ICON travel-spray fragrances for men, send an email with the subject line "Toyota/Dunhill competition" to [toyotaconnect@newmedia.co.za](mailto:toyotaconnect@newmedia.co.za).

#### Include the following info:

- The answer to the question: **Name one of the top notes in the Dunhill ICON fragrance.**
- Your full name, email address, postal address, mobile number and ID number (required by the Consumer Protection Act)

**About Dunhill ICON** Top notes of lavender, rare oud wood from the Middle East, Italian bergamot and neroli absolute combine with warm, masculine base notes of black pepper, cardamom and Oris leather.

**Note** Closing date for entries is 31 January 2020. Only one entry per person. Winners will be the first correct entries drawn after the closing date. The Thule bags and Dunhill ICON fragrances will be delivered to each winner.



**TOYOTA**

LEAD THE WAY

# THE ALL-NEW **COROLLA** HATCH DRIVE YOUR **OBSESSION**



Introducing the all-new Toyota Corolla Hatch: an effortlessly stylish hatchback that comes with superb driving dynamics, a state-of-the-art display audio system, and a stylish exterior that's worthy of obsession. Model line-up: 1.2T Xs | 1.2T Xs CVT | 1.2T Xr CVT.

**BOOK A TEST DRIVE TODAY.**

Toyota SA @ToyotaSA

**COROLLA**  
HATCH

# NEWS

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## THE MIRAI CONCEPT

## **NEXT GEN. ZERO EMISSIONS**

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Previewing the second-generation of the groundbreaking **TOYOTA MIRAI**, this new concept reflects a major step forward for zero-emission fuel cell electric vehicles (FCEV)

With a significantly greater range, improved driving performance, and an elegant, sporty design that offers increased passenger room and comfort, the Mirai Concept is a final-stage development model of the second-generation Toyota Mirai FCEV.

“We have worked to make a car that customers will want to drive all the time – a car that has an emotional and attractive design, and the kind of dynamic and responsive performance that can bring a smile to the driver’s face,” says Yoshikazu Tanaka, chief engineer for the Mirai. “I want customers to say, ‘I chose the Mirai because I wanted this car – and it just happens to be an FCEV.’”





#### LONGER RANGE

Improvements in fuel cell system performance and increased hydrogen storage capacity mean the new Mirai will target a 30% increase in driving range. Scheduled for launch in late 2020 – initially in Japan, North America and Europe – the second-generation Mirai is much more than an eco-car, marking a new stage for FCEV technology.

#### IMPROVED DRIVING DYNAMICS

Using Toyota's premium rear-wheel-drive TNGA platform means combining greater agility and driving performance with a sleek and elegant exterior. Toyota's latest modular platform gives the Mirai Concept a higher degree of body rigidity, which contributes to greater agility and responsiveness, and a lower centre of gravity, which makes for nimble, rewarding handling.

#### SMOOTHER POWER

The fully redesigned fuel cell system, including its fuel cell stack, delivers substantially improved performance with linear, smooth response when pulling away, and unity between the driver's throttle inputs and the car's acceleration. Handling is light and easy on winding roads, while highway driving produces an exceptional sense of power at all speeds.





## READY FOR THE DAKAR

**TOYOTA GAZOO RACING** has announced the team that will tackle the 2020 Dakar Rally, to be held for the first time in Saudi Arabia

Some 5 January 2020, a mix of experienced rally-raid specialists and relative newcomers to the discipline will make up the Toyota Gazoo Racing works team. It will be made up of four crews: Nasser Al-Attiyah and Mathieu Baumel; Giniel de Villiers and Alex Haro; Bernhard ten Brinke and Tom Colsoul; and Fernando Alonso and navigator Marc Coma.

Nasser and Mathieu will be looking to add to their impressive list of achievements by defending their Dakar Rally title; while Giniel is an experienced campaigner, with the 2009 Dakar Rally victory to his name. Bernhard is reunited with Tom, who has competed across different rally disciplines over the years, with multiple successes in the truck category.

The driver of the fourth car is the celebrated two-time Le Mans winner, reigning FIA World Endurance Championship title holder, and two-time Formula One champ, Fernando Alonso.

### THE CAR

All four crews will compete in the latest version of the rally raid-proven Toyota Hilux, built and developed in South Africa.

The vehicle features independent suspensions, a mid-ship engine and all-wheel drive, with the 5.0-litre naturally aspirated V8 sitting just behind the front wheels.

### THE ROUTE

The 2020 Dakar Rally will be contested solely in Saudi Arabia, starting in the western city of Jeddah before heading to the capital city of Riyadh. The second half of the race traverses through Rub' al Khali, also known as the "Empty Quarter" – the world's largest continuous sand desert – before finishing in Al-Qiddiya on 17 January.

[toyotagazooracing.com](http://toyotagazooracing.com)

## WORLD RALLY CHAMPS

Toyota Gazoo Racing World Rally Team driver Ott Tänak and co-driver Martin Järveoja secured their first FIA World Rally Championship title at the Rally de España.

Having won six of the 12 rallies so far, the duo needed only a second-place finish to secure the title, becoming the first Estonians ever to achieve the feat. It is the fifth occasion that a Toyota driver has won the WRC drivers' title, and the first time since Didier Auriol triumphed in 1994.



## GET THAT FARMER A HILUX!

Two top farmers drove away with a brand-new Toyota Hilux at the Toyota SA/Agri-SA Young Farmer and New Harvest of the Year event.

At a gala function in Kempton Park, Johan van der Schyff of Plettenberg Bay was crowned winner of the 2019 Young Farmer of the Year title, while Villiersdorp's Sewis van den Horst won the 2019 New Harvest of the Year award. And what better prize to win than South Africa's toughest bakkie?

## MORE INVESTMENT IN SES'FIKILE

With the R454-million investment in its production facility in Durban, Toyota has made substantial enhancements to the local production of its popular Hiace Ses'fikile model.

The announcement was made by Andrew Kirby, president and CEO of Toyota South Africa Motors, at an event attended by various industry stakeholders and dignitaries – including the Minister of Trade, Industry and Competition, Ebrahim Patel.

"In terms of the South African Automotive Masterplan (SAAM), local automotive value addition needs to be increased exponentially," said Kirby. "TSAM is committed to supporting the SAAM, and has therefore proactively increased the local value addition of the Hiace Ses'fikile from 38% to 44%. This localisation has resulted in a R422-million per annum value addition to the economy."

"Even more encouraging is the fact that we've been able to create an additional 80 jobs in the process. The latest contribution places TSAM's total investment in the Hiace plant at more than R1-billion since our initial investment in 2012."



# HOME GROWN

THIS ISSUE'S SELECTION OF **SOUTH AFRICAN FASHION, FOOD AND CULTURE**  
IS ALL ABOUT COLOUR, ORIGINALITY AND FUN IN THE SUN

## EYES ON THE PRIZE

In September, 26-year-old fashion designer **THEBE MAGUGU** made history as the first African to win the prestigious LVMH Prize for Young Fashion Designers. We tracked his meteoric rise

It's hard to believe that Kimberley-born Thebe Magugu only launched his eponymous label and first collection at South African Fashion Week in 2017. But he knew from a young age that he would work in fashion – a knowledge that was reinforced by his mother's sense of style, he says, and her ideas around beauty.

Thebe studied fashion design and photography at LISOF fashion design school in Johannesburg, and graduated the same year he made his debut. From the beginning, his collections – which focus mostly on women's ready-to-wear – have impressed, and he was chosen as a Design Indaba Emerging Creative in 2017. Here, his work was celebrated for its themes of juxtaposition: masculinity and femininity, tradition and experiment, overly large and abridged.

Presented to the top applicant in a group of 1700 by an esteemed panel of judges, the LVMH Prize is a global competition launched by Louis Vuitton Moët Hennessy in 2013 to support and honour young design talent. The 2019 winner was selected from a shortlist of eight, which included a second African brand, Kenneth Ize by Nigerian designer Kenneth Izedonmwun.

"Thebe stood out to the judges thanks to the originality of his use of cut, colour and materials, and the innate femininity of his easy-to-wear pieces," said Delphine Arnault, executive vice president of Louis

### "THE FUTURE OF FASHION LOOKS BRIGHT BECAUSE OF AFRICA"

EDWARD ENNINFUL,  
EDITOR-IN-CHIEF OF BRITISH *VOGUE*  
AND MEMBER OF THE LVMH  
PRIZE PANEL FOR 2019

Vuitton and the mastermind behind the prize. "He married creative flair with commercial intuition, and this was very impressive to see, despite the outstanding standard of the other finalists."

The prize includes a €300,000 grant and a year-long mentorship from executives at the French luxury conglomerate. Intended to help develop the winner's creative work, this support covers all the areas of expertise that are critical to a young fashion brand: intellectual property, sourcing, production and distribution, image and advertising, as well as marketing. Thebe says he plans to put the money towards a studio space, and to employ more artisans in South Africa.

"My mission as a designer is to build a global fashion brand that is based in the country and sustains itself within it, acting not only as a sort of sanctuary women can turn to for beautiful and functional clothes, but also as a place to learn about our culture and heritage, reinterpreted through a modern lens," Thebe said on Instagram. "This prize is an astronomical kick-start in that direction."

It's not his first prize in 2019, either: earlier in the year, he won the overall award for curation and fashion content at the International Fashion Showcase. And then there was the brand's appearance in the much-talked-about September issue of British *Vogue* (guest-edited by the Duchess of Sussex, no less). We can't wait to see what the future holds for this rising star.

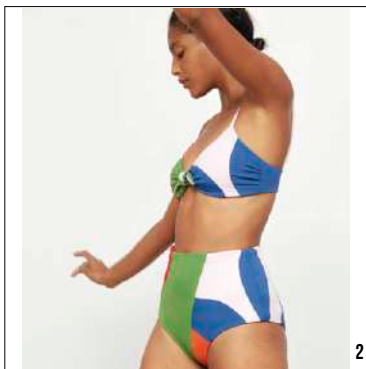
OPPOSITE (CENTRE) LVMH Prize for Young Fashion Designers 2019 winner Thebe Magugu with Louis Vuitton brand ambassador Alicia Vikander (left) and Louis Vuitton executive vice president Delphine Arnault



## HOME GROWN

## CHASING SUMMER

Gather your favourites and live your best life this season in our **LUXE PICKS**



WHETHER YOU'RE  
SPENDING THE FESTIVE  
SEASON BEACHSIDE OR  
LANDLOCKED IN THE  
HEART OF THE CITY,  
YOU'LL NEED COOL,  
SUMMER-READY ATTIRE



D

aydreaming your way through the last lap of work before the high-summer holiday hits? We're there with you, conjuring up pretty picnic baskets at the nearest nature reserve, or venturing deeper into the ocean on a best friend's yacht... or is it ours? Whether you're spending the festive season poolside, beachside or landlocked in the heart of the city, you'll need cool, summer-ready attire to keep up with you.

## SHE

### 1 G-STAR Cart Slides II

#### in Light Liquid Pink/White

From bold brights to subdued neutrals, we've yet to meet a stylish summer look that this pair of peachy-pink G-Star slides doesn't make even better.

R799 | [g-star.com](http://g-star.com)

### 2 MARA HOFFMAN Carla Bikini

#### in Mobil Colorblock

The high-waisted bottom offers full coverage and is sold separately from the matching tie-front top, so you can mix with other brights. The fabric has a UPF rating of 50 for the sun-conscious.

Top R2 450; bottom R2 675 | [marahoffman.com](http://marahoffman.com)

### 3 TOM FORD Aviators

Sleek, well-crafted aviators exude subtle, sophisticated style – and this pair by Tom Ford has it in spades.

R6 700 | [lbeyewear.co.za](http://lbeyewear.co.za)

### 4 CHILA BAGS Dalila Bag

The classic tote is hand-woven and hardy, and features a durable double-tassel cord. A portion of the sales goes towards skills development of Wayuu women artisans in Colombia.

R2 625 | [elizabethsummer.com](http://elizabethsummer.com)

### MARA HOFFMAN Fiona Dress (right)

This sage-green cover-up is made from 100%-organic cotton, and features a low swooping back to catch the breeze, a swing silhouette to twirl around in freely and pockets for hands-free abandon.

R5 650 | [marahoffman.com](http://marahoffman.com)

## HE

### 5 VILEBREQUIN Stretch Shorts

#### in Diamond Turtles

For a quieter poolside manner, dial it down with navy swimming shorts that take themselves a bit more seriously – but still feature the emblematic turtle design and fast-drying fabric.

R3 125 | [vilebrequin.com](http://vilebrequin.com)

### 6 VILEBREQUIN x JCC+ Short-Sleeved Shirt in Dazzle

Why blend in when you can stand out? This limited-edition bowling shirt is made of viscose for lightwearing style.

R1 940 | [vilebrequin.com](http://vilebrequin.com)

### 7 ADIDAS Fiorucci Adilette sliders

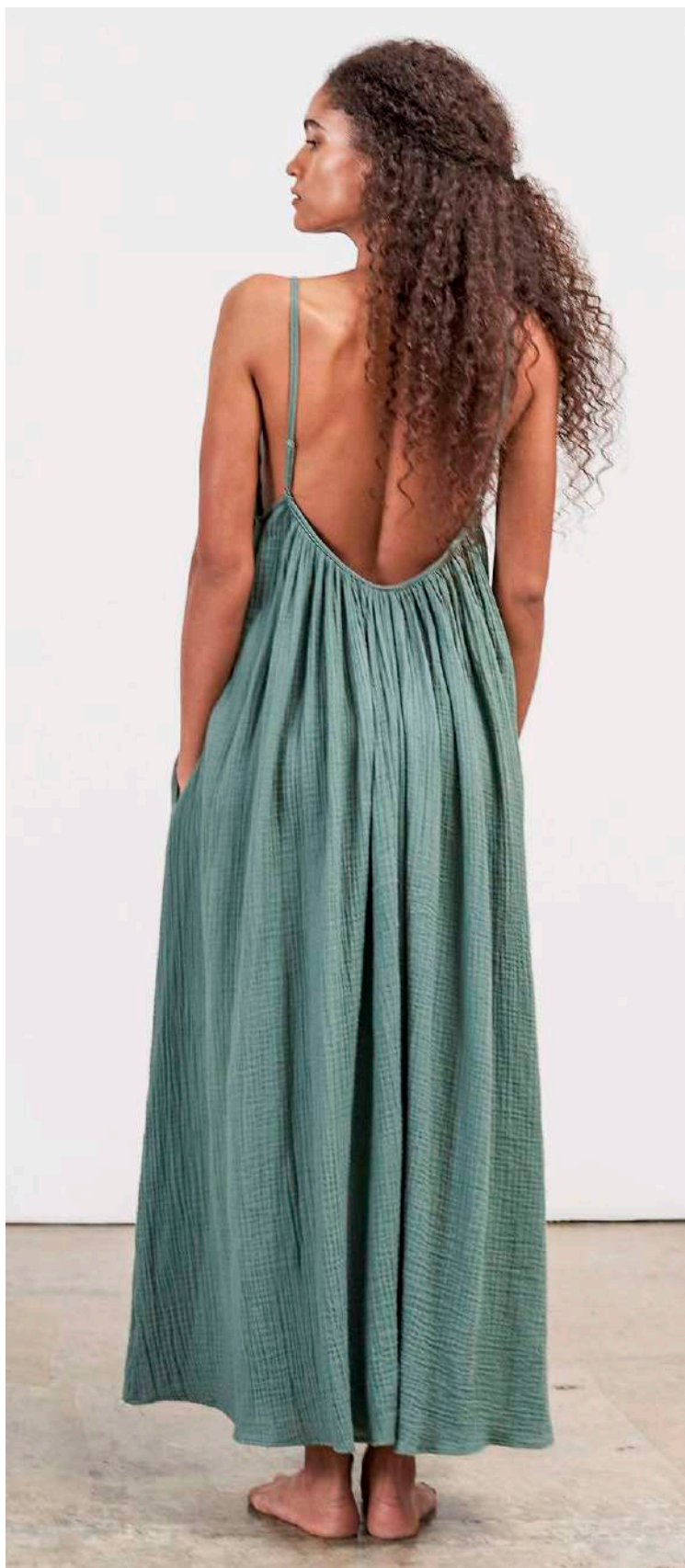
If you like your sliders daring, this super-cool Fiorucci and adidas collab is perfect for you.

R799 | [shop.adidas.co.za](http://shop.adidas.co.za)

### 8 MUNGO Juno Throw in Mustard

A plush support is a crucial ingredient in all outdoor adventures. Your summer picnic invites are sorted with this pretty, 100%-cotton throw.

From R1 870 | [mungo.co.za](http://mungo.co.za)



## HOME GROWN

## SUMMER SPIRIT

To celebrate the return of summer, mixologist **JODY RAHME** shares six classic cocktails made with South African spirits



From reposado (an amber spirit that's made in the same way as tequila and "rested" in oak barrels) to rum, there's a proliferation of South African craft distilled alcohol emerging on the path that local craft gin pioneered. And they're all worth investigating: the majority are handcrafted from local ingredients, and they're often small-batch and sold in distinctive bottles with beautifully designed labels, most of which will have been applied by hand.

"Local spirits are a great way to showcase South Africa's rich and diverse landscape," says mixologist

**"LOCAL SPIRITS ARE A GREAT WAY  
TO SHOWCASE SOUTH AFRICA'S  
RICH AND DIVERSE LANDSCAPE"**

Jody Rahme, who goes by the moniker Liquid Squire and is responsible for the bar at Gigi Rooftop, the inner-city drinks spot at the top of Gorgeous George hotel in Cape Town. "We are fortunate to have such a variety of climate zones; it enables us to produce spirits such as rum, agave, brandy and whisky – and, of course, wine."

#### HOW TO MAKE A SIMPLE SYRUP

*1:1 ratio sugar to water*

Bring 1 cup sugar and 1 cup water (or your ratio) to a boil in a pot, stirring until the sugar dissolves. Reduce heat and simmer gently until the liquid develops a thicker, more syrupy consistency. Remove from heat and allow to cool.



### 1. JUNGLE BIRD

In a cocktail shaker, combine the following:

50ml (2 tots) Copeland Rum\*  
 50ml (2 tots) pineapple juice  
 15ml lemon juice  
 10ml Campari  
 15ml simple syrup  
 ice cubes

Shake well, strain into a tumbler with ice, and garnish with a pineapple quill or edible flowers.

\* Bold and full-flavoured, and distilled in small batches from blackstrap molasses, its initial spiciness develops into spun sugar, and finishes with dark cacao and roasted pineapple.

[copelandrum.com](http://copelandrum.com)

### 2. MARGARITA

In a cocktail shaker, combine the following:

50ml (2 tots) The 4th Rabbit Agave Spirit\*  
 25ml fresh lime juice  
 15ml agave nectar or syrup  
 10ml Cointreau  
 ice cubes

Shake well, strain into a glass with ice, and garnish with a wedge or slice of lime.

\* Made with slow-cooked agave plants hand-harvested in the Karoo, its gentle smoky aroma mingles with honey on the palate to provide a long, smooth finish.

[the4thrabbit.com](http://the4thrabbit.com)

### 3. FLORADORA

In a highball glass, add the following over ice:

50ml (2 tots) Bloedlemoen Gin\*  
 15ml fresh lime juice  
 15ml raspberry syrup (simple syrup blended with fresh raspberries)

Stir, top up with ginger ale, and garnish with 3 raspberries on a cocktail pick and a lemon rind.

\* The world's first blood-orange London Dry-style gin is distilled using 10 botanicals through a combination of maceration and vapour infusion, and has a lingering blood-orange aftertaste.

[bloedlemoen.com](http://bloedlemoen.com)

### 4. FRENCH 75

In a cocktail shaker, combine the following:

50ml (2 tots) Geometric Gin\*  
 20ml lemon juice  
 20ml simple syrup

Shake well, pour into a flute, top up with MCC and garnish with a twist of orange zest.

\* Described as a post-modern incarnation of classic Cape dry gin, and distilled from neutral (or rectified) spirit and fine grape spirit, it's an artful, textured marriage of juniper, citrus, cardamom and fynbos.

[geometricdrinks.co.za](http://geometricdrinks.co.za)

### 5. FRENCH MARTINI

In a cocktail shaker, combine the following:

50ml (2 tots) Hope Small Batch Vodka\*  
 40ml pineapple juice  
 15ml crème de cassis  
 ice cubes

Shake well, and strain into a coupe.

\* Crisp and clean with hints of citrus, it's delicately handcrafted from a combination of pot-stilled and neutral spirit, and blended down to bottling strength with Table Mountain springwater.

[hopedistillery.co.za](http://hopedistillery.co.za)

### 6. WHISKY SOUR

In a cocktail shaker, combine the following:

50ml (2 tots) Copper Republic Whisky\*  
 25ml lemon juice  
 20ml simple syrup  
 4-5 dashes Angostura Bitters  
 20ml cellulose or egg white  
 ice cubes

Shake well, strain into a tumbler with ice, and garnish with a dehydrated slice of lime.

\* Distilled from South African yellow maize, this small-batch whisky is matured in freshly charred, aged ex-bourbon casks, offering a complex depth of flavour, notes of toasted oak and vanilla and a creamy finish.

[copperrepublic.com](http://copperrepublic.com)

HOME GROWN



# SUPERSIZED FOOD TRUCKS

These tricked-out former buses are **DISHING THE GOODS** around South Africa

The food truck trend has gone through something of an evolution over the past few years. Many once-mobile vendors have opted to set up more permanent market stalls or establish actual restaurants to serve their fans, and more compact pimped-out trailers have overtaken fully mobile trucks. But we discovered three that are bucking the trend – in a big way. A big bus kind of way...



### FUDART STREATERY

Once a Mexican school bus, this Bedford was brought to South Africa for the FIFA World Cup to operate as a tour bus, and to transport visitors to and from matches. Nardia Adams, chef and owner of catering company Fudart, purchased it in 2015, custom-fitted it with a five-metre temperature-controlled stainless-steel kitchen and sprayed it an eye-catching orange. The bus is entirely self-sufficient, with built-in plumbing, gas and electricity. “We often include Mexican street food in our offering to reference our truck’s roots,” says Nardia.

**On the menu** Everything from burgers to burritos and bunny chow. Nardia’s repertoire is accomplished and extensive, and the menu can be tailored to your event.

**Where to find Fudart strEATERY** Shows, festivals, concerts and exhibitions around Durban, as well as private functions. [fudart.co.za](http://fudart.co.za)

**COMPACT TRAILERS  
HAVE OVERTAKEN FOOD  
TRUCKS – BUT THESE  
THREE ARE BUCKING  
THE TREND IN A BIG WAY**



### 4ROOMED EKASI CULTURE

Owner Abigail Mbalo-Mokoena launched the food truck in 2014 with the goal of bringing balanced dishes with a healthy, fine-dining edge to the townships, and transporting the spirit of township dining to areas around the city.

**On the menu** The name 4Roomed eKasi Culture is a reference to the traditional four-roomed homes found in the oldest townships in South Africa. Abigail has taken traditional ekasi cuisine and tweaked it to reflect modern culinary trends. While shisa nyama may feature, it’s been updated and balanced with nutritious sides and locally sourced vegetables. The menu is always changing, but you can expect items such as lamb shank in red wine jus served with a trio of pap, or free-range farm chicken with creamy potato purée and a pickled vegetable mix.

**Where to find 4Roomed eKasi Culture** Abigail’s restaurant, which has been included on *Travel + Leisure*/Food & Wine World’s Best Restaurants list for 2019, is located in Khayelitsha, and the bus can often be found serving her world-renowned cuisine in the area. It’s also available to hire for private events. [4roomedekasiculture.com](http://4roomedekasiculture.com)

### BALKAN BURGER

Joburg’s first food truck began its life as a school bus ferrying scholars around Askam in the Northern Cape. After academic retirement in 2002, it was used by a farmer on his farm, which is where siblings Lidija and Bojan Ivanović of Balkan Burger discovered it. After convincing the farmer to part with it, Bojan worked with a friend to recondition the bus and transform it into a food truck – and the hood now houses a Lexus V8 engine.

**On the menu** Lidija and Bojan, who were born in the Balkans, started their business in 2011 with the goal of making Serbian street food as famous as tacos or pizza. Their Original Balkan Burger is served on soft “somun” bread, which is heated on the meat as it cooks on the grill, allowing it to absorb all the flavours, and topped with a layer of roast-pepper sauce – an Ivanović family recipe. Once cooked, the thin patty, made in a traditional south Serbian style, is folded over. The most popular item on the menu is the “Stuffed with Stuff” burger, where the famous patty is not just folded over but filled with cheese, bacon and Peppadews.

**Where to find Balkan Burger** Every Sunday at Fourways Farmers Market, at the seasonal Linden Market, and at events and festivals around Johannesburg and Pretoria. [balkanburger.co.za](http://balkanburger.co.za)

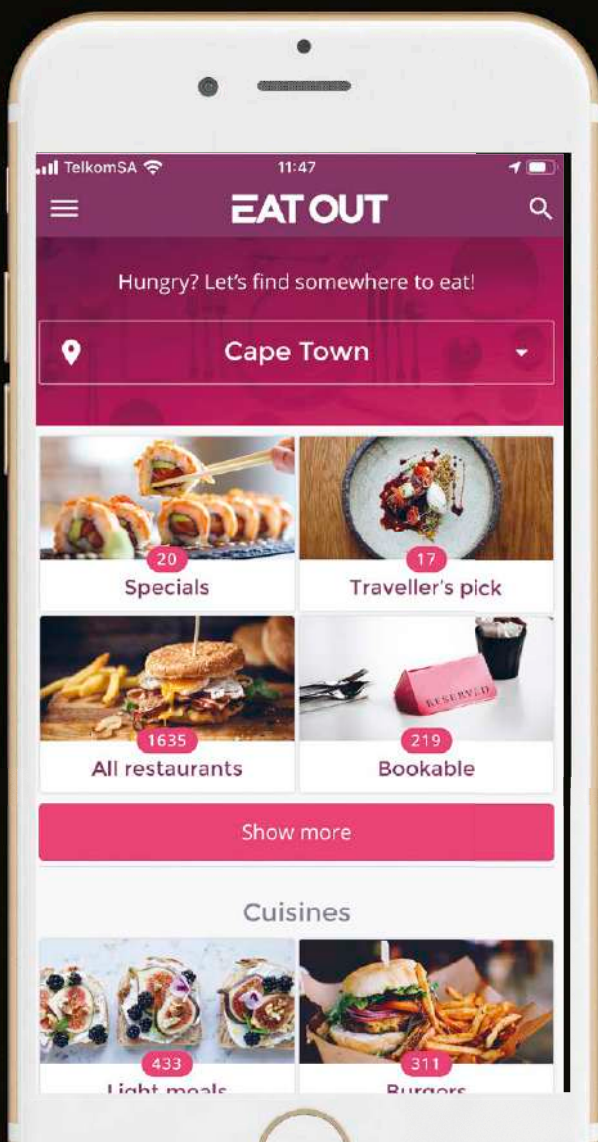




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## HOME GROWN

IF YOU CAN STAND **THE HEAT...**



NOTHING BEATS THE COMFORT OF A  
CRUSTY, BUTTERED PORTUGUESE ROLL  
TOPPED WITH HOT-FROM-THE-PAN  
PERI-PERI CHICKEN LIVERS

Three delicious chicken recipes to add **A LITTLE SPICE** to your weekend's entertaining



PERI-PERI  
CHICKEN  
LIVERS



EASY  
TANDOORI  
CHICKEN  
SKEWERS

### PERI-PERI CHICKEN LIVERS

Nothing beats the comfort of a crusty, buttered Portuguese roll topped with hot-from-the-pan peri-peri chicken livers. These are super-fast, so don't overcook them. Just sear quickly – they will continue to cook in the hot sauce.

**Serves 4**

**Preparation** 15 minutes

**Cooking** 20 minutes

#### Ingredients

2 x 250g tubs chicken livers  
¼ cup olive oil  
8 cloves garlic, sliced  
1-2t dried chilli (optional)  
1T smoked paprika  
1 x 250ml bottle hot peri-peri sauce  
½ cup plain double-cream yoghurt (or cream)  
Sea salt and freshly ground black pepper, to taste  
½ lemon, juiced  
6 Portuguese rolls

#### Instructions

1. Rinse and drain the chicken livers. Heat the oil in a small saucepan over a medium heat. Add the garlic and cook until just golden, then add the chillies and smoked paprika and stir to combine.
2. Remove from the heat, pour half the oil mixture into a bowl and set aside for serving.

3. Return the saucepan to a low heat and add half the peri-peri sauce and the yoghurt (or cream). Bring to a simmer. Taste to see if you would like more peri-peri sauce. Season to taste, add a squeeze of lemon juice and remove from the heat.
4. Heat some oil in a pan and fry the livers in batches for 1 to 2 minutes on each side, then stir through the peri-peri sauce.
5. Serve with warmed Portuguese rolls and a drizzle of the reserved garlic-and-paprika oil.

#### Recommended wine pairing

Hartenberg Riesling 2018

### EASY TANDOORI CHICKEN SKEWERS

These are as good cooked in the oven as on the braai – but the longer they're left to marinate, the better. Try them with a garlic naan. You won't be sorry.

**Serves 4**

**Preparation** 20 minutes, plus 1 hour marinating time

**Cooking** 25-30 minutes

#### Ingredients

*For the tandoori marinade, mix:*

1 cup plain yoghurt  
1t grated garlic  
2t grated ginger  
1T curry powder  
2t ground cumin

1t paprika  
2T ground turmeric  
1 lime, zested and juiced  
Sea salt and freshly ground black pepper, to taste

900g skinless boneless chicken thighs  
2 limes, halved  
1 red onion, sliced  
Pinch sea salt  
4-6 rotis, toasted, for serving  
3 carrots, sliced julienne or grated  
fresh coriander, for serving  
sliced fresh chillies, for serving  
halved limes, for serving

#### Instructions

1. Place the chicken in the marinade, then massage the marinade into the meat. Leave to marinate for 30 minutes to 1 hour, or overnight.
2. Squeeze the juice of ½ lime over the onion and add a generous pinch of sea salt. Massage the onions to soften slightly, then set aside until ready to serve. This will remove the harsh flavour of raw onion.
3. Preheat the oven to 220°C. Thread the chicken onto 5 or 6 skewers and arrange on a greased baking tray. Roast for 20 minutes, or until golden.
4. Turn on the grill and finish the skewers under the grill until just catching. Serve warm with the rotis, carrot, coriander, onion salad, chillies and limes.

#### Recommended wine pairing

Ken Forrester Roussanne 2017

#### CAJUN-STYLE CRISPY CHICKEN BITES

Serve them up as a crowd-pleasing party snack.

**Serves 4**

**Preparation** 30 minutes

**Cooking** 20 minutes

#### Ingredients

240g flour  
2T smoked paprika  
1T chilli powder  
2t ground cumin  
2-3t fine salt  
4 skinless deboned chicken breasts,  
cut into 2cm cubes  
2 cups oil, for frying  
4 large free-range eggs, beaten  
sriracha mayonnaise, for serving

#### Instructions

1. Combine the flour with the spices and salt. Lightly dust the cubed chicken in the seasoned flour, dip into the egg, then into the flour again. For a crispier coating, repeat.
2. Heat the oil in a saucepan over a medium heat. Cook the chicken in batches for 5 to 8 minutes per batch, or until golden and crispy.
3. Drain the chicken on kitchen paper, and serve hot with the sriracha mayonnaise.

#### Recommended wine pairing

Steenberg Merlot 2017

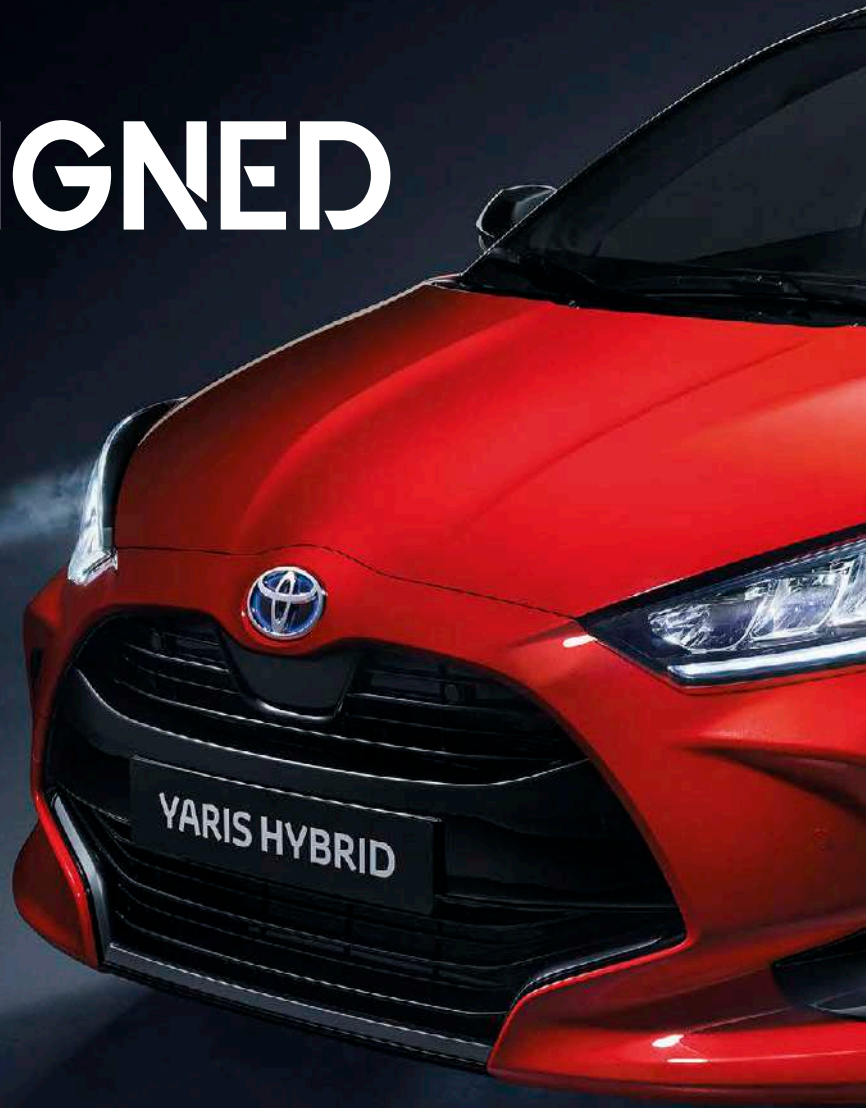
**CRISPY CHICKEN  
BITES MAKE A  
CROWD-PLEASING  
PARTY SNACK**

**CAJUN-STYLE  
CRISPY CHICKEN  
BITES**



WAITING FOR YOU

# DESIGNED FOR



Revealed at the recent Tokyo Motor Show, the **ALL-NEW TOYOTA YARIS** has been designed to meet the increasing demands of everyday urban life



URBAN  
LIVING



Today's compact-car customers typically undertake their busy lives in congested urban environments. As a result, they expect their car to deliver style and practicality: not only do they want it to be easy to park, agile in the city and comfortable on longer journeys, they also demand leading levels of safety and the lowest possible running costs.

To respond to these ever-increasing demands, the new Yaris brings Toyota's New Global Architecture (TNGA) philosophy to the compact-car segment for the first time, along with the brand-new TNGA three-cylinder, fourth-generation hybrid system. Advances in active and passive systems have also resulted in what will be the world's safest compact car.

#### DESIGN: OUTSIDE...

"Condensed and agile" is how the Yaris's designers describe the new compact hatch's design. Its "condensed" dimensions set it apart in a market segment where new cars have typically grown larger with each successive iteration. Toyota has reduced Yaris's overall length by

**"CONDENSED AND AGILE" IS  
HOW THE YARIS'S DESIGNERS  
DESCRIBE THE NEW COMPACT  
HATCH'S DESIGN**

5mm, but at the same time increased its wheelbase by 50mm, ensuring the car is agile and manoeuvrable in city driving and parking. They kept the interior space and delivered additional comfort – the essence of its "big-small" character.

The GA-B platform may mean a 40mm reduction in the overall height, but headroom has not been compromised as the driver and passengers sit lower. Adding 50mm to the car's width generates more space in the front and in the rear, while the wider front and rear track-widths add to the Yaris's lower, wider look.



THE COCKPIT DESIGN HAS BEEN DEVELOPED  
AROUND THE CONCEPT OF “HANDS ON THE  
WHEEL, EYES ON THE ROAD”



### ...AND INSIDE

The interior design follows a “less-is-more” principle, creating an open and spacious area for the driver and front passenger. High-quality materials include an innovative felt-trim finish for the door panels and, for the first time in a Yaris, a soft-touch instrument panel to deliver a warmer cabin ambience. Throughout, sensory quality has been a key focus point in terms of the touch, operation and sound of the controls, as well as their colour, illumination, shapes, patterns, graphics and overall appearance.

The cockpit design has been developed around the concept of “hands on the wheel, eyes on the road”. Information is presented clearly and directly to the driver from three interlinked sources: the central Toyota touch-screen, a TFT multi-information display in the instrument binnacle, and a 10-inch colour head-up display. The larger head-up display helps the driver focus on the business of driving with the least possible distraction.

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### Design

1. The exterior styling amplifies the effect of the condensed proportions with strong character lines down the side of the car that project a sense of forward motion. Powerful front and rear wings add to the taut, coherent look and, together with the sculpted door panels, project a sense of agility and the car’s “ready-to-go” character.
2. The new lights feature LED technology and include turn indicators that alternate with the daytime running lights.
3. The driver’s instrument binnacle has twin digital meters flanking the TFT multi-information display, and is presented with just a shallow hood. The steering wheel size has been reduced for better visibility, supporting the “eyes on the road, hands on the wheel” concept.



### Handling

As with other TNGA-based models, the driver's sense of control and connection with the car is enhanced by their position at the wheel. The GA-B platform allows the driver's seat to be set lower and further back (+60mm compared to the current Yaris) towards the centre of the car, helping to reduce the vehicle's centre of gravity. It also creates a more engaging driving position, with improved ergonomics and greater adjustability.

The GA-B platform has allowed for a significant increase in body rigidity, which fosters vehicle stability and ride comfort, as well as lower noise and vibration levels. The platform's architecture and the upper body have been optimised, with strategic reinforcements in the cowl, rear pillar, tunnel and rear structure, the rear wheelhouse, and a stiffer dashboard panel.

The front MacPherson strut and rear torsion beam suspension designs include reduced friction in the front struts, softer springs and an increase in rear roll stiffness from 320 to 580Nm/deg, which further improves the new Yaris's dynamic qualities, reducing body roll in cornering and increasing agility.

## AROUND TOWN, IT DELIVERS AN ENGAGING AND CRISP RESPONSE

### RIDE AND HANDLING

The new GA-B platform is central to the new Yaris's enhanced driving enjoyment, delivering a confident and natural feel. The car's stability inspires confidence, while its response to the driver's inputs is natural and precise, leading to a heightened sense of agility.

The combination of the car's compact, low and wide dimensions, the dynamic qualities of the GA-B platform and the overall performance of the fourth-generation hybrid powertrain creates an agile character that is a key part of the new Yaris's emotional appeal. Around town, it delivers an engaging and crisp response. At the same time, performance and handling provide the kind of smooth and relaxing drive that is comfortable and desirable on longer journeys or when cruising on the open road.

### NEW HYBRID POWERTRAIN

While the new Yaris will be available with 1.5-litre and 1.0-litre three-cylinder petrol engines in selected markets, at the car's reveal the focus was squarely on its fourth-generation hybrid technology. This 1.5 Hybrid Dynamic Force system has the world's fastest combustion speed, supporting high torque at low engine speeds and fuel efficiency. As a result, it achieves a 40% thermal efficiency – higher than typical diesel engines – helping it to secure an improvement of more than 20% in fuel economy and CO<sub>2</sub> emissions. At the same time, system output has been increased by 15%, and power delivery has been refined to give a confident and natural feel.

The system also uses a new lithium-ion hybrid battery with an increase in output that enables quicker vehicle acceleration. As well as being more powerful, the new battery is 27% lighter than the nickel-metal hydride battery it replaces.



#### **Powertrain**

The fourth-generation hybrid system has been tested in different cities around Europe, including Rome, Paris and Darmstadt. Results show that when it is used in an urban area, almost 80% of the time is spent driving in zero emissions mode.

#### **CLASS-LEADING SAFETY**

The Yaris delivers segment-leading safety performance by featuring significant advances in both active and passive safety systems.

Advanced driver-assistance systems include full-speed-range intelligent adaptive cruise control and lane trace assist system – both of which are standard on every new Yaris. In addition, the car has been developed to achieve best occupant protection in the forthcoming stricter standards for 2020: it offers greater protection for occupants in case of side impact, and is the first in the compact segment to introduce a centre airbag.

Full details of the new Yaris's active and passive safety systems will be released at a later date.

THE SYSTEM ALSO USES A NEW  
LITHIUM-ION HYBRID BATTERY WITH AN  
INCREASE IN OUTPUT THAT ENABLES  
QUICKER VEHICLE ACCELERATION

## TECH

## THE FUTURE IS HERE

The Japanese market will be trialling a new mobility solution for people who need to make short-distance, **ENVIRONMENTALLY CONSCIOUS** trips

A new, production-ready, ultra-compact battery electric vehicle (BEV) by Toyota is getting ready for its commercial launch in Japan in late 2020. The vehicle, which is less than 2.5m long and less than 1.3m wide, is a next-generation mobility solution designed to cover short distances while limiting the impact on the environment.

The super-compact two-seater is designed to meet the daily mobility needs of customers who make regular short-distance trips, such as businesspeople visiting local customers, newly licensed drivers, and the elderly. It has a range of approximately 100km on a single charge, reaches a maximum speed of 60km/h, and features an extremely tight turning radius.

Toyota is also pairing the planned launch with a new business model that aims to promote the wider adoption of BEVs in general. This includes examining every step of the battery's life – from manufacture, through its sale, resale or reuse, to eventual recycling – to maximise its value.

In the near term, Toyota will focus on expanded leasing initiatives designed to recapture used batteries for evaluation and reuse as appropriate in pre-owned vehicles, as service parts, or even in non-automobile applications. Toyota is also developing peripheral services for BEVs, such as recharging stations and insurance options.



TOYOTA IS ALSO DEVELOPING PERIPHERAL SERVICES FOR BATTERY ELECTRIC VEHICLES, SUCH AS RECHARGING STATIONS AND INSURANCE



## TOYOTA'S BATTERY ELECTRIC VEHICLES

**1 Ultra-compact BEV Concept Model for Business**

A "mobile office" with three modes to support travelling, working and taking breaks.

**2 Walking Area BEV - Standing Type**

Used for patrolling or carrying heavy equipment around large facilities, such as airports or factories.

**3 Walking Area BEV - Seated Type**

Provides mobility for people who are handling large amounts of luggage, or who may have difficulty walking.

**4 Walking Area BEV - Wheelchair-linked Type**

Connects to manual wheelchairs, providing them with motorised power for use at large facilities and tourist locations.

**5 Toyota i-ROAD**

A short-distance mobility solution that combines the size of a motorcycle with improved stability to support last-kilometre urban commuting or tourism.

EXPLORE YOUR COUNTRY



# THE WHITE, WINDSWEPT



Prehistoric Stone Age sites. Gonometa moths and dancing white ladies. Just about zero bars on your cellphone. Roaring dunes on which you can sandboard. These are just a few of many reasons to visit  
**WITSAND KALAHARI NATURE RESERVE**  
and surrounds

FREEDOM OF MOVEMENT IS WHAT MAKES  
WITSAND SPECIAL. THERE ARE NO FENCES  
OR WALLS TO PREVENT YOU FROM FULLY  
IMMERSING YOURSELF IN NATURE

# SANDS



Even in the Noord-Kaap, the champion of moer-and-gone destinations, Postmasburg is pretty much as moer-and-gone as you can get. In search of Witsand, we're cruising south in the Fortuner from Kathu, once a quaint village but now a sprawling mining town with possibly the most exquisite golf course I've ever seen.

It seems a lost cause: everywhere you look, you see ochre dunes rucking up amid Kalahari scrub. But it is a beautiful drive, with karroid thornveld unfolding all around and with an affable OFM non-shock jock holding forth on the radio. All things considered, this beats urban traffic hands down.

We eventually dust-trail onto a corrugated gravel strip between Groblershoop and Griekwastad, with a forgotten road sign confirming that we're headed for Witsand. I visited this 3 500-hectare arid reserve – set around a geological basin filled with white, windswept sand – a few years back, and have always vowed to return.

Sure, it may be one of South Africa's lesser-known conservation areas, but I easily rate it as one of the Northern Cape's top family adventure destinations. Earthy stone chalets (with bedrooms, ablutions and

a separate living area opening onto an expansive stoep) languish within a copse of ancient thorn trees. And the good news is there is a swimming pool not too far away.

Genets and duikers wander on the periphery of the braai fire's light at night, and at dawn you will wake up to a cacophony of birds. Ashy tits, black-chested prinia, purple starlings, crested barbets, dozens of raptor species... This is a true twitchers' paradise.

Slender mongooses (or mongees or mongii, if you prefer) skulk from their colonies to sneak a drink from stone birdbaths. Steenbok sun themselves amid the clumps of acacia that dot the desert, and ground squirrels scurry about while morning coffees are doing the rounds.

And once that caffeine fix has been taken care of, a day filled with endless outdoor fun awaits within Witsand. Crank at speed towards the serrated rock horizons on your MTB, revelling in the freedom of exploring a wilderness area on your bike rather than in a car. Hike onto the interpretive trail, or trail-run into the spiky surrounds of this amazing place.

The time has come to take up your sandboard – the proper stand-up variety – and head to the undulating dune fields for which Witsand was named. Don't expect tiny mounds, bru: these are some of the bigger dunes



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1. The reserve roads make for excellent (and family-friendly) mountain biking. 2. A range of hiking and interpretive trails is accessible to people of all fitness levels. 3. Dunes in the reserve are up to 60m high. 4. Face to face with a yellow mongoose. 5. The dune field is best explored on foot.

OPENING DPS

Witsand Nature Reserve is a headspace destination for trail-runners and hikers



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1. Incredible star trails await night-time photographers. 2. The Fortuner proved to be the perfect vehicle for a Northern Cape exploration. 3 & 4. Sandboarding is outstanding family fun – and most dunes are safe for kids to attempt.


you'll find in South Africa. Their sugary consistency makes for high-speed runs, especially when you apply Cobra wax polish liberally to the board.

While I survey the potential lines (as is an Oom's wont), the kids have already sprinted to the top of "The Dune of Certain Death", and with wild whoops carved down the steepening face. Their suicidal runs end in tumbleweed wipeouts, immediately followed by slogs back to the apex – all while hollering "AAAAAWESOME!" into the wide bowl of the sky.

These are the so-called "brulsand" (or roaring sand) dunes; when you walk here, especially during the dry season, the friction between the silica particles creates an unearthly tremor that may sound like a volcano about to erupt within the belly of the earth.

Sundowner beers at the viewpoint, with Van Gogh views across the undulating dunescape, are a must – and if you're into astronomy, wait for nightfall proper to get a true billion-star experience in this faraway and



A black and white photograph of a person standing on a sand dune, holding a surfboard. The person is silhouetted against the bright sky. The dune is a smooth, white curve. In the foreground, the dark, intricate silhouette of a tree's branches frames the scene. The overall mood is adventurous and serene.

IT MAY BE ONE OF SOUTH  
AFRICA'S LESSER-KNOWN  
CONSERVATION AREAS, BUT  
I EASILY RATE IT AS ONE OF  
THE NORTHERN CAPE'S TOP  
FAMILY ADVENTURE  
DESTINATIONS



IF YOU'RE INTO ASTRONOMY, WAIT  
FOR NIGHTFALL PROPER TO GET A TRUE  
BILLION-STAR EXPERIENCE IN THIS  
FARAWAY AND MAGICAL PLACE

magical place. Before you know it, the days will have flitted by – way before you get around to even half the Witsand boxes you wanted to tick.

When we eventually leave, I realise yet again that I needed more time here. The bird hide requires more than a cursory visit; I want to traverse the whole of that vast dune field under a full moon; there are so many more star-trail photo options; I definitely have to do a night hike or ride to scout for wind spiders and scorpions with an ultraviolet torch...

This freedom of movement is what makes Witsand special. There are no fences or walls to prevent you from fully immersing yourself in nature, at any hour of the night or day. And because it feels as if time stands still, your visit fizzles by in a flash.

Which is exactly why we have a great excuse to come back again.



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1. One of the stunning communal sociable weaver nests at Witsand Nature Reserve. 2. An encounter with a brightly coloured barbet. 3. Inquisitive ground squirrels can be spotted everywhere. 4. The author on a downhill dune run.

## DO THIS

### Sandboarding

Rent a proper stand-up sandboard from reception and head onto those roaring dunes (some up to 60m high) while you roar at the sky. Apply suntan lotion liberally to protect you from the shimmering rays of the Northern Cape sun – and apply polish just as liberally to the bottom of your board after every couple of runs to keep it zippy.

### Mountain biking

Saddle up your mountain bike to ride amid gnarled acacias along the network of long, winding reserve management roads at the foot of the Langberg ranges. These tracks may be sandy in places, but the riding is pretty good for at least 30 or 40km within the reserve borders. Expect to spend about two to three hours in the saddle.

### Off-road driving

The Kalahari Mountain View Dune Trail is located on a private farm, but visitors to Witsand are permitted to make use of the 27km sand and mountain trail. It consists of two parts: a 23km sand-dune trail and a 4km mountain trail. The grading is 3, and low-range, high-clearance vehicles are a requirement. The trail is open all year round, but the best time to visit is in August and September.

**083 656 2117 | 053 313 1061**

### Stargazing

Witsand rates as one of the top stargazing destinations in the Northern Cape. Vast and unpolluted skies – and a lack of any artificial light from nearby towns or settlements – mean there are billions of stars lighting up the firmament. If you get the chance, arrange to go on a guided dune stargazing tour.

### Hiking

A 3km nature trail (featuring 43 marked plant species) meanders from the reception area, and guests are free to hike anywhere else. An extended dune hike is one of the best ways to get a grip on this unique ecosystem – but go early (or even better, at night), especially during the searing summer months.

### Bird-watching

Take time out to stand under one of the giant sociable weaver nests as dawn unfolds. Close your eyes and listen to the faint scuttling sounds of birds waking up before they missile into the orange sky. This is “Twitter” as it should be, with real-time tweets echoing into the stillness of the semi-desert savanna.



## KEY INFO

**Find your way** Follow the N10 from Upington to Groblershoop. Turn left towards Griekwastad before entering Groblershoop, and travel 59km on the N8. Turn left at the second Witsand turn-off (R383) and continue for 45km on gravel. You can't go wrong if you follow the signs.

**Access** Sedans are okay, but you'll be more relaxed on the sandy bits in a 4x2 or 4x4

**Cell reception** Yes (MTN only).

**GPS coordinates** S28°33'48.55" / E22°29'22.04"

**witsandkalahari.co.za | 083 234 7573**

EXPLORE YOUR COUNTRY

# ONE FINE GRIND

**GRAVEL BIKING** is the hot new trend in cycling. It's the intersect where road cycling and mountain biking connect – and it also has a brand-new 100 Miler Series



**A**ny given dirt road surface will work – all you need is a gravel bike with a beefed-up road-bicycle frame and sturdy wheels, and you're good to crank. And the good news? There's a cool new event series around South Africa that you can enter.

In order to tick the official boxes, gravel-bike events should constitute a route combining asphalt and gravel surfaces, potentially including singletrack, maintenance lanes and Category B back roads. The new 100 Miler Series has all of the above in seven events spread throughout the country, so you can point your front wheel at anything from Karoo country roads and Drakensberg dirt passes to the back-of-beyond tracks winding through the Cape Winelands.

[100milerseries.co.za](http://100milerseries.co.za)

#### **RIDE THE KAROO** **22 February 2020**

Welcome to the ultimate one-day riding experience, right in the hospitable heart of the Karoo. Expect a glorious weekend filled with authentic experiences, including Karoo braais, lamb potjie, fresh farm bread, condensed-milk coffee, koeksisters and craft beer. Riders will be treated to a combination of smooth jeep-track and district roads in the shadows of the mythical Compassberg.

[ridethekaroo.co.za](http://ridethekaroo.co.za)

#### **SWARTBERG 100 GRAN FONDO** **25 April 2020**

Ah, the natural splendour of the Swartberg region... It's truly tough to beat. The same can be said for the eponymous Swartberg 100 Gran Fondo, a festival of gravel riding that starts and finishes in the quaint village of Prince Albert, one of the Karoo's most exquisite little towns, set in one of South Africa's most breathtaking regions. The 171km route encompasses three gravel sectors, with a final relentless ascent of 28km over the iconic gravel pass, with gradients of 16% in places.

[swartberg100.com](http://swartberg100.com)

#### **RACE TO THE SUN** **9 May 2020**

For the Jozi crowd, this one starts at Hartbeespoort Dam and blasts along picturesque back roads all the way to the finish at Sun City. A huge field of 2 000-plus participants makes this the largest gravel-bike event in South Africa, ensuring a true Mzansi-magic experience for all riders.

[racetothesun.co.za](http://racetothesun.co.za)

#### **TRANS ELANDS MTB MARATHON** **6 June 2020**

Many riders regard this as the country's toughest MTB marathon – and it's perfect for gravel bikes too. Now in its sixth running, this humdinger was founded by the late Lex Holmes, and takes place inland from Jeffreys Bay, in the Kouga area of the Eastern Cape. The 160km "Extreme" includes 3 000m of elevation gain, and will rate as a true test of the riders' physical and mental capabilities.

[transelands.co.za](http://transelands.co.za)

#### **AROUND THE POT** **18 July 2020**

Your Overberg adventure cranks off from scenic Swellendam and meanders amid the magnificent Langeberg foothills via a green-and-gold patchwork of canola and wheat fields. The first segment ends at historic Malgas, where a 45-minute neutral zone allows you enough time to enjoy a lekker "roosterkoek", one of the race's many claims to fame. You and your bike then cross the Breede River on a ferry before bombing to the finish.

[aroundthepot.co.za](http://aroundthepot.co.za)

#### **MALOTI 100 MILER** **26 September 2020**

The Maloti 100 Miler stands proud as one of the Rainbow Nation's most spectacular (not to mention challenging!) off-road cycling events. The steep and dramatic Maloti passes that wind along these rugged mountains combine tough road conditions with high-altitude cranking, basically guaranteeing a love/hate relationship with what is without question a beast of a ride.

[maloti100.co.za](http://maloti100.co.za)

#### **RACE TO THE SEA** **17 October 2020**

A relatively new kid on the mountain/gravel scene, its various race options are headlined by a 100-miler starting in charming Franschhoek, from where a breathtaking route will meander via the Winelands to the finish line in Hermanus. Entries for the 167km ride are now open for 2020.

[racetothesea.co.za](http://racetothesea.co.za)

#### **THE GRAVEL BIKE** **Rondo Ruut CF2**

Looking much like road bikes, gravel bikes have slightly sturdier frames and bigger-profile tyres for more grip. The Rondo Ruut is one of the best examples: light and responsive, yet still comfortable on gravel roads, it offers excellent value for money given its quality and spec.

**Frame** Carbon fibre

**Fork** Carbon with variable geometry

**Tyres** Panaracer Gravel King SK 43c

**Groupset** Sram Rival 1 (1x11 speed)

**Price** R54 590

[rondobikes.co.za](http://rondobikes.co.za) | [switchbacksports.co.za](http://switchbacksports.co.za)



ENJOY YOUR CITY

MY CITY





# GLYN

# HALL

The Team Principal of Toyota Gazoo Racing South Africa, and the man behind the Dakar-winning race team, talks about why he lives in **JOBURG** and where he spends his time

Glyn Hall doesn't live life slowly. The 62-year-old has just returned from a trip to Spain, where he got the opportunity to unveil to the world's media his chosen drivers for the 2020 Dakar Rally – one of the toughest challenges that man and machine can still face in our highly regulated and over-policed world.

Indeed, much like the utterly bonkers Isle of Man TT, the gruelling Dakar Rally remains something of a curious sporting anomaly – one in which death and danger have yet to be filtered out of the equation. To finish is an achievement in its own right, but to win it – exactly what Toyota Gazoo Racing South Africa managed earlier this year – deserves special praise. It is a feat that takes guts, discipline, teamwork and world-class drivers like Dakar winners Nasser Al-Attiyah and Giniel de Villiers. It also requires somebody like Glyn to help oversee the process, from the smallest nut to the biggest of engineering quagmires.

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1. The weather and quality of life are just two of the reasons why Glyn chose to make Joburg his home.
2. The tools of his trade.
3. Mechanics tweaking the Hilux at the workshop.



"Many people ask me whether I've ever had a real job and I say, no, not really – not since 1976," he says. "It's still pretty stressful, especially when it doesn't go the way I think it should be going, but it's extremely rewarding when it goes right." And with the start of the 2020 Dakar Rally rapidly approaching (5 January is D-Day for the competitors) this stress/reward curve is starting to ramp its way up.

So why, then, does Glyn reside in Johannesburg – a city not exactly known for its soothing properties? "This is an easy one," he says. "From a motorsport point of view, the resources, the people skills and the different types of companies that exist in Johannesburg are amazing. It's like a little village, but with incredible resources. It's also reasonably close to all the places where we do our testing. From a lifestyle point of view, having lived in the UK, I don't like grey, dark days. The weather in Joburg is great – and the quality of life



"FROM A MOTORSPORT POINT OF VIEW,  
JOHANNESBURG IS LIKE A LITTLE VILLAGE,  
BUT WITH INCREDIBLE RESOURCES"



**“THE QUALITY OF LIFE THAT WE HAVE AS A FAMILY IS AMAZING, AND DIFFICULT TO FIND ANYWHERE ELSE IN THE WORLD”**

that we have as a family is amazing, and difficult to find anywhere else in the world.”

Due to the nature of his work, Glyn doesn’t get to enjoy much downtime. When he does get time off, he likes to spend it with his family, at home. While pubs are not on his radar, he likes to have a meal at a nearby eating establishment. “There’s an Italian restaurant around the corner from home called Da Vincenzo – it’s been a great place for me and my family for the past 25 or 30 years,” he says.

Shopping is a necessary evil none of us can escape, and I ask him where he chooses to get it done. “We go to Sandton City, and often to markets,” he says. “We recently went to the Handmade Contemporary Fair, which was held on the rooftop of Hyde Park Corner. Between Sandton City, Mall of Africa and Rosebank Mall, we really don’t have to go to many other places – another plus of living here.”

Glyn has weathered a few summers but still looks in fine shape: athletic and lithe. Where does he gym?

Does he CrossFit? What is his secret? “I’m fortunate to have a small gym at home, but I don’t spend enough time in it,” he says. “I swim every night, if I can, in the summer months but, really, I think I keep fit because I’m on my feet all day at work. I rarely spend time at my desk. I do between 7 000 and 10 000 steps a day, and I climb at least 15 storeys.”

He also used to be a keen golfer, until an operation to fix a shoulder injury put him out of action for the past three years. He’s on the mend now, and will hopefully soon be enjoying a round or two at the Johannesburg Country Club.

I have more questions, but this is a man who does not live life slowly. Dakar is approaching, and with two-time F1 World Champion Fernando Alonso on board as one of the drivers, Glyn needs to make sure that Toyota Gazoo Racing South Africa is functioning at full throttle. So he excuses himself, disappears down some stairs and joins the workshop mechanics as they wrench on one of the four Hilux racing bakkies...

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1 & 2. The Zone @ Rosebank and Sandton City are Glyn's shopping-for-necessities go-tos. 3. Dakar memorabilia takes pride of place in his Joburg home. 4. Dakar 2020 will see a refined Hilux, with improvements in certain areas.

## HALL ON DAKAR 2020

### The new route

"From what we've heard and seen on Google Maps, the conditions in Saudi Arabia will be 60% sand and 40% gravel. We're hoping there aren't too many high-speed sections – our Hilux will perform better across the rougher sections of the route, where its four-wheel-drive system is most advantageous."

### The Toyota Gazoo Racing Hilux

"We've refined the car for 2020. It's an evolution of the 2019 vehicle that improves upon certain areas – nothing big; just some nice, small development steps that the drivers like."

### Racing in Saudi Arabia

"Working conditions for the guys will be tougher during the night because it will be winter when we're there. The Saudi desert is next to the Red Sea, which means it'll probably be between 10 and 12°C at night but as we go towards the east – towards the Persian Gulf – it can apparently drop to 3°C!"



The page features a central text layout surrounded by decorative elements. At the top and bottom, there are two sets of double diagonal lines. Scattered throughout the page are numerous bubbles of varying sizes, some of which are semi-transparent and overlap with the text. The text itself is arranged in a vertical stack: 'HOW' and 'YOU'LL' are in a thin, outlined font; 'WORK' and 'UP' are in a large, bold, black sans-serif font; 'A' is in a thin, outlined font; 'SWEAT' is in a large, bold, black sans-serif font; 'IN' is in a thin, outlined font; and '2020' is in a thin, outlined font.

# HOW YOU'LL **WORK UP A SWEAT** IN 2020

Scootering for adults? Bench-pressing underwater? Discover the upcoming workout trends, figure out which one suits you best, and **GET MOVING!**



If you're stuck in a rut when it comes to working out, change up your exercise routine to boost your performance and motivation.

### UNDERWATER WEIGHTLIFTING

Pioneered by legendary American big-wave surfer Laird Hamilton, water-based resistance training will boost your core strength, improve your breathing techniques and enhance your muscle power. Wielding dumbbells underwater might entail small movements, but the resistance of the water means your muscles need to work harder to achieve each stretch. So don't think you're getting off lightly.

**What to expect** Yes, you'll be swinging kettlebells and dumbbells underwater – but don't be put off if you're new to the art of weightlifting. Although more experienced sportsmen can pump big iron while fully submerged, newbies can start with small weights while only partially submerged in the gym swimming pool.

**Who should try it** Lifting in liquid certainly isn't just for muscle men. Performing workouts in water puts less stress on your joints, so if you suffer from arthritis or are recovering from a recent injury, this could be the perfect exercise to try.

**Bonus** One of the many good things about this craze is that no-one will see you sweat.

**Where to do it** Virgin Active gyms in the UK already offer Hydro XPT classes. Expect them in SA soon.

### KICKBIKING

Unleash your inner child and experience the thrills of the playground as an adult. Created by Finnish designers, the Kickbike is a grown-up kids' scooter that offers a low-impact cardio workout while you whiz around outside.

**What to expect** This might seem like a lighthearted approach to exercise, but there's nothing childish about the benefits. While you zoom around on this high-performance scooter, you'll be activating all the muscle

## FITNESS BOXING OFFERED A GREAT CARDIO WORKOUT WHILE IMPROVING BALANCE AND COORDINATION



groups normally associated with cycling and running – plus you'll be giving your core, back, shoulders and arms a good workout. Sturdy handlebars make it easy to switch from one kicking foot to the other – and the kick motion stretches your body, leaving you loose and relaxed after a vigorous outing. For added impact, try raising your stabilising calf while pulling your kicking leg up to your chest. You'll feel – and see – the results in no time.

**Who should try it** This is the ideal exercise regimen for busy parents of youngsters – it encourages you to spend quality time together outdoors.

**Bonus** The really fun part is coming up with your own routines.

**Where** You don't need a class or a timetable – simply buy an adult kickbike from a local bike shop.

### MUAY THAI

When the eighth instalment in the popular *Rocky* series hit big screens last year, it triggered a renewed interest in fitness boxing. Almost immediately, gyms started offering classes that saw us lacing up our boxing gloves and working out in a mirrored studio, rather than the ring. Punches weren't aimed at opponents, and fitness boxing offered a great cardio workout while improving balance and coordination. In 2020, Muay Thai – a style of Thai boxing – is set to be the next big fighting thing.

**What to expect** This ancient martial art focuses on using the hands, fists, elbows, knees and shins. In other words, you learn how to use all your natural "weapons" when you kick, punch and clinch (stand-up grapple) your way to victory.

**Who should try it** If you're looking to add self-defence techniques to your training programme, this has your name written all over it.

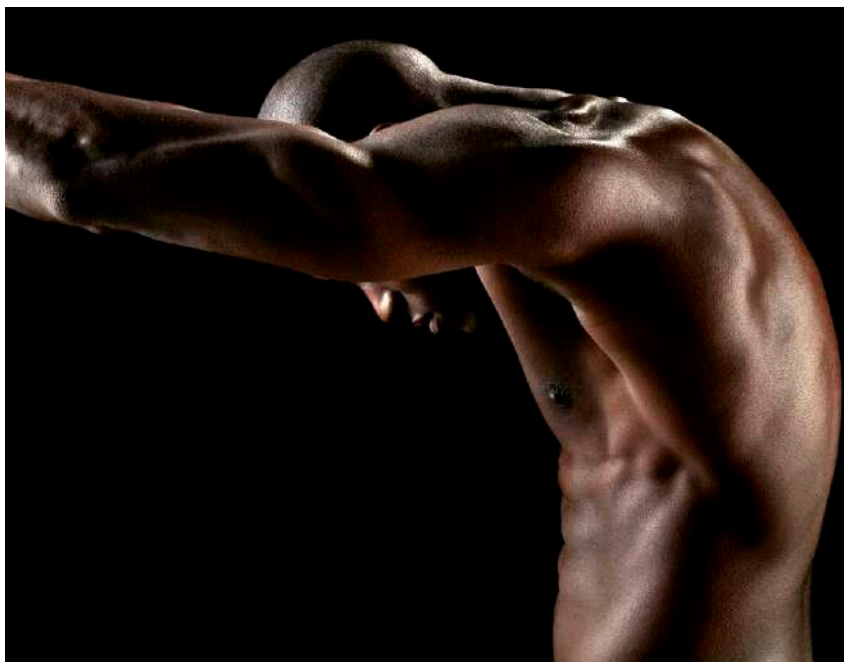
**Bonus** Exercises inspired by traditional Muay Thai will improve reaction time and coordination, and help you tone up.

**Where** Martial arts studios nationwide.

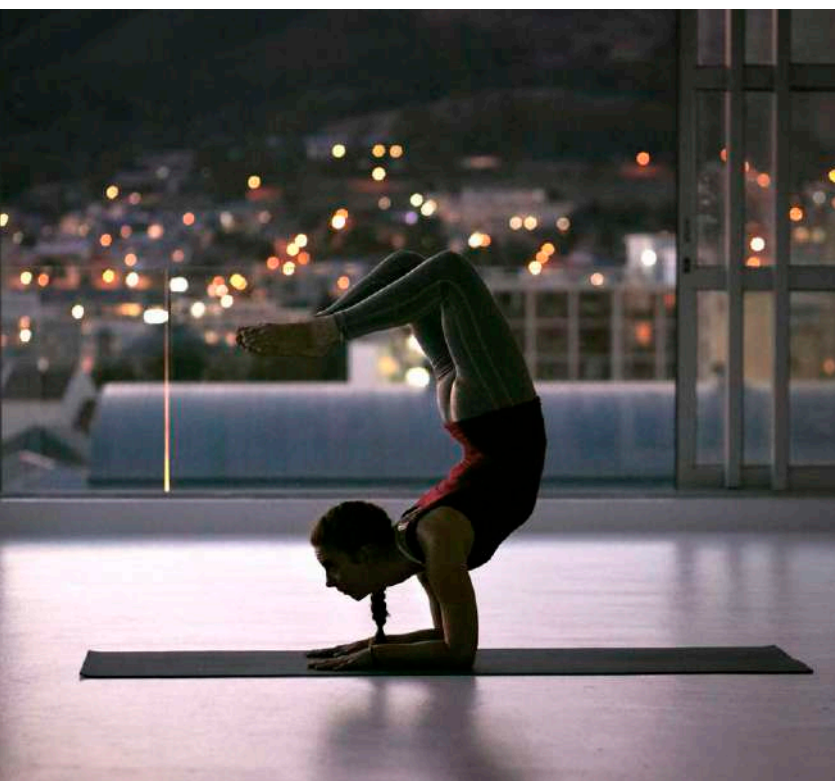
## NAKED WORKOUTS

It has been said that fitness trackers and wearable tech are the future of healthcare. In fact, experts predict that wearable tech will eventually become as commonplace as cellphones – and will be integrated into our existing accessories. Think earrings that track your body temperature, shoes that gauge when you're picking up weight, shirt buttons that double as emergency panic alarms, and even contact lenses that analyse your tears and suggest ways to boost your emotions. These won't be novelty items that simply motivate you to make healthier lifestyle choices: healthcare professionals and medical aid schemes will use the harvested data to streamline diagnostics, health and wellness. In other words, information gleaned from wearable tech – including your sleep patterns, diet, mood, blood-sugar levels and heart rate – will play a role in the healthcare premiums you pay, and the treatment plan your doctor devises for you when you're ill or injured.

**What to expect** Experts predict that, as a backlash to this constant connectivity, some of us will choose to exercise naked. Relax: this doesn't mean stripping off and baring all to the elements – it means working out "off-the-grid", without a fitness tracker or app recording information about your every move.



**IF YOU'RE MORE INTERESTED IN WHAT YOUR BODY – RATHER THAN AN APP – TELLS YOU DURING AND AFTER EXERCISE, NAKED WORKOUTS ARE FOR YOU**



**Who should try it** If you're more interested in what your body – rather than an app – tells you during and after exercise, naked workouts are for you.

**Bonus** A digital detox will calm your mind while your body does the hard work.

**Where** Absolutely anywhere.

## YOGA HIIT

There's been a glut of faddish yoga trends recently – from gin yoga (yes, it involves savouring a G&T while sitting in the Lotus Position) to saluting the sun with your cat, dog, goat, snake or alpaca. The latest craze to infiltrate yoga studios worldwide is Yoga HIIT, and it's set to become even more popular in the near future. High-intensity interval training (HIIT) involves short, intense, unsustainable bursts of physical activity paired with short intervals of rest. Strong scientific evidence shows it can burn fat, build muscle, improve your metabolism and boost your heart health. Add that to gentle yoga poses, and you'll get the best of both worlds.

**What to expect** Yoga HIIT is all about hard cardio and strength-training bursts, which are broken up by lengthening, relaxing, cooldown-style positions such as Downward Dog.

**Who should try it** If you thrive on the calming benefits of yoga but want max results from your workout, this hybrid exercise revs up the caloric-burn factor.

**Bonus** This powerful practice adds more stability, sustainability and dynamism to your asana.

**Where** Yoga studios nationwide.

## OUR DNA

## SUPER GRANNY, SUPER CAR

On the day **JULIA ALBU** turned 80, she turned the key in the ignition of her 20-year-old Toyota Conquest and set off from her home in Jakkalsfontein on the Cape West Coast to drive up the east coast of Africa

**N**ewly widowed and itching for adventure, octogenarian grandmother Julia Albu conquered 11 African countries before putting her ancient hatchback on a ferry to Greece and continuing her grand tour in Europe. We chatted to her about her remarkable journey.

**What prompted the trip?**

It was like a light bulb going on. I was chatting to Cape Talk radio host John Maytham on air about the absurd expense of then-president Jacob Zuma's luxury cavalcade, when I announced, "Next year I'll be 80 years old. My car will be 20 years old. Together we'll be 100. We're going to drive to Cairo." When John asked what route I planned to take, I admitted I had no idea. "I think I'll keep to the right," was all I said.

**Your Toyota Conquest, Tracy, already had 330 000km on the clock. Were you concerned she wouldn't last the distance?**

I couldn't have done the trip without her. I've had a love affair with Tracy since day one, when I drove her off the showroom floor 22 years ago. During my adventure, we were surrounded by trucks and 4x4s everywhere I looked, but Tracy went like a bird. We just tootled along; she caused no trouble at all.

**What modifications, if any, did you make to Tracy before embarking on your voyage?**

I was far more concerned about the inside. Tracy had frightful upholstery – but an interior decorator friend of mine transformed her into Cinderella. Tracy's new interior made me feel as if I was safely cocooned in

my sitting room, and that all I needed was a tray of drinks or tea! Mechanical upgrades included fitting bigger tyres and raising the chassis, so she wouldn't disappear into potholes.

**Any highlights during your extraordinary adventure?**

One memorable moment was driving through the Sahara on my own, listening to a choral version of the hymn *Jerusalem* on the tape recorder. Another was when, while staying at the Ndutu Safari Lodge in the Serengeti, we were privileged enough to be invited to watch the Maasai Olympics. I felt like royalty, and I was hypnotised by all the sensational men dressed in full regalia and chanting while performing the long jump, high jump and tug-of-war.

**And lowlights?**

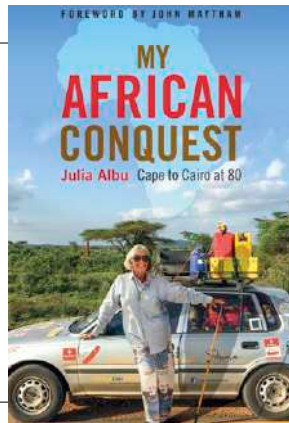
Oh, I had plenty of those. There were times when all I wanted was my own bed, some privacy and downtime. But there was an upside to every downside. For instance, when we were turned away at the Ethiopian border because of a visa misunderstanding, I burst into tears of frustration. Within minutes, the customs official arrived with a tray laden with breakfast for me.

**Where is Tracy now?**

Back home in Jakkalsfontein. While I was driving through the Sahara, a gentleman from Toyota phoned to say they wanted to give me a new car. I was thrilled! I now own a bright-red Yaris Sport. She's a wonderful piece of fun – I've nicknamed her Chariot of Fire – but I wouldn't go off a tarred road with her. And despite my shiny new car, I would never get rid of Tracy. You don't get rid of your friends.

**WIN A COPY OF HER BOOK**

You can read all about Julia's incredible adventure in her new book, *My African Conquest: Cape to Cairo at 80*. Published by Jonathan Ball, it's available at leading bookshops. If you'd like to win one of three copies, send an email with the subject line "Julia Albu giveaway" to [toyotaconnect@newmedia.co.za](mailto:toyotaconnect@newmedia.co.za).

**Include the following info in your email:**

- The answer to the question: What is the name of Julia Albu's Toyota Conquest?
- Your full name • Your email address
- Your postal address • Your mobile number • Your ID number (required by the Consumer Protection Act)

**Note** Closing date for entries is 31 January 2020. Only one entry per person. Winners will be the first three correct entries drawn after the closing date. The book will be delivered to each winner.



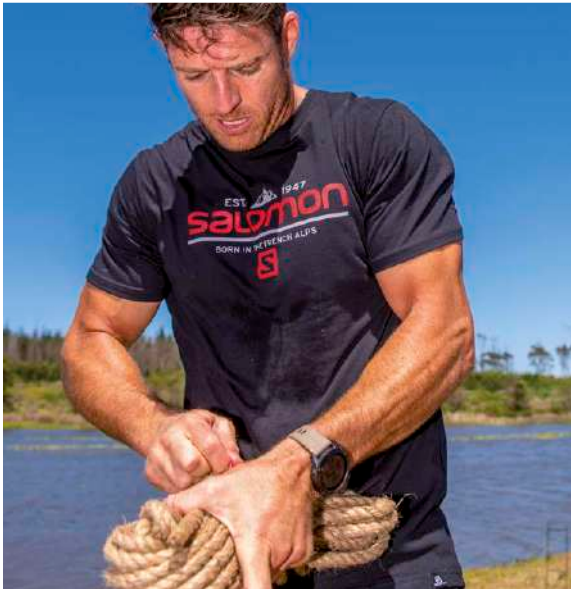
**"WHILE I WAS DRIVING  
THROUGH THE SAHARA,  
A GENTLEMAN FROM  
TOYOTA PHONED TO SAY  
THEY WANTED TO GIVE  
ME A NEW CAR.  
I WAS THRILLED!"**



## OUR DNA

# TOYOTA FORTUNER 4X4 CHALLENGE WIND, WEATHER & WINNERS

Four teams, each made up of a Toyota fan and a celebrity, competed to win a brand-new Fortuner. This is the story of the **TOYOTA FORTUNER 4X4 CHALLENGE 2019**



## DAY ONE

Cool and wet conditions were the backdrop to the fourth instalment of this popular event, run at Pezula Resort Hotel & Spa in Knysna. A draw involving colour-matching ping-pong balls determined the contestant-hero pairing, and it was Trevor Lagerwey and Kirsten McCann, Michelle Meyer and Giniel de Villiers, Jacob Maboja and Nkateko “Takkies” Dinwiddy, and Dieter Pey and Oupa Mohojé who were paired together for the two-day event.

### Challenge 1

#### The Garmin Lifesaving Flags Eliminator

A lifeguarding-inspired beach-sprint elimination on the shores of Leisure Isle, this knock-out format saw the last one standing receive a starting advantage for the lagoon paddling challenge.

### Challenge 2

#### Pezula Night Duathlon

Here the contestants set off on a sprint run, with navigation provided by their Garmin Fenix 6 Plus smartwatches. Once their run was complete, the pairs had to identify 15 African countries on a map placed on the bonnet of their Toyota Fortuner.

1 3

2

1. The Fortuner 4x4 Challenge 2019 took place in Knysna. 2 & 3. Trevor Lagerwey, Giniel de Villiers and Michelle Meyer in the Toyota Obstacle Challenge.

4

5 7

6

4. Jacob Maboja builds a raft. 5. Jacob and Nkateko Dinwiddy set off for another challenge. 6. One of the challenges was a beach-sprint elimination. 7. Trevor in the Toyota Blind Drive Challenge.



## DAY TWO

### Challenge 3

#### Salomon Trail Run

The event's major competition day with five challenges kicked off with the Salomon Trail Run, along the cliff paths of Cairnbrogie on the outskirts of Plettenberg Bay. In order to complete the challenge, the contestant pairs needed to answer a Fortuner-related brainteaser and hit the horn to lock in their time.

### Challenge 4

#### Specialized Epic Pump Track Challenge

As the name implies, state-of-the-art Specialized mountain bikes were the contestants' steeds on a tight and challenging pump track, with each contestant pedalling furiously and their hero partner calling out navigational instructions from the viewing deck.

### Challenge 5

#### Toyota Obstacle Challenge

Navigation, endurance and level-headed thinking were needed as the four teams set off in search of key raft-building components using their Garmin smartwatches to find predetermined coordinates. They then had to assemble a raft and make their way to a checkpoint.

### Challenge 6

#### Toyota Blind Drive Challenge

Speed and precision were key in this vehicle-focused task. Contestants were blindfolded while navigating an obstacle course behind the wheel of their Fortuner, with only their partner's instructions to guide them.

### Challenge 7

#### Clay Pigeon Shooting

This challenge, which used the Garmin Xero S1 Trapshooting Trainer to evaluate the eight shooters' accuracy, was made tougher by the buffeting winds.





### FINAL RESULT

After two days of duking it out, Cape Town-based Trevor Lagerwey (who entered via *Men's Health* magazine and was teamed up with Olympic rower Kirsten McCann) was crowned the Fortuner 4x4 Challenge champion for 2019. Strong teamwork and consistency earned him the keys to a new Toyota Fortuner 2.4 GD-6 4x4 6AT.

But the three runners-up did not leave empty-handed: all contestants received a Specialized Epic Comp mountain bike and cycling gear, a Garmin Fenix 6 Plus smartwatch as well as Salomon apparel, with a combined value of more than R60 000.





### Challenge 1

Lagerwey and McCann won the advantage here, and the pair made light work of the cold Knysna lagoon, earning a first-place finish for Round 1.

### Challenge 3

In order to complete the challenge, the contestant pairs needed to answer a Fortuner-related brainteaser and hit the car horn to lock in their time. Meyer and De Villiers put on a great showing here, clawing back valuable time.

### Challenge 5

Contestants had to assemble a raft and make their way to a checkpoint. Strong headwinds made paddling a tough endeavour, and only two teams – Meyer/De Villiers and Lagerwey/McCann – reached the checkpoint, with the remaining two getting DNFs.

### Challenge 6

Speed and precision were key in this vehicle-focused task. Contestants were blindfolded, and then had to navigate an obstacle course behind the wheel of their Fortuner with only their partner's instructions to guide them. Pey and Mohojé quickly conquered the maze, earning some well-deserved points.

**STRONG TEAMWORK AND CONSISTENCY  
EARNED TREVOR LAGERWEY THE KEYS TO  
A TOYOTA FORTUNER 2.4 GD-6 4X4 6AT**

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1. The Specialized Epic Pump Track Challenge. 2. Nkateko and Jacob paddled their hearts out. 3. Oupa Mohojé, Ginie de Villiers, Kirsten McCann and Nkateko Dinwiddy. 4. Trevor was the overall winner.

## OUR DNA

SUSTAINABLE **EMPOWERMENT**

Together with **CONSERVATION SOUTH AFRICA**, Toyota is developing ways to empower people to choose nature – particularly rural communities who still depend directly on nature's services



Communities in many parts of the world use their land, water and other natural resources in unsustainable ways – generally because there is no economic alternative. When conservation offers concrete benefits to rural farmers and local communities, protecting the environment becomes an increasingly viable and attractive choice.

Conservation South Africa's (CSA) approach is simple yet transformative. It supports economic development that values nature because people need nature to thrive, and it does so by focusing on the following elements of conservation:

- securing a stable climate
- protecting the sources and flows of fresh water
- ensuring nature's ability to provide food
- safeguarding the benefits of nature for human health
- supporting the development of green businesses.

CSA and Toyota have been partners since 2017, when both identified a common target market – communal livestock farmers who wanted to develop and professionalise their work in an environmentally sound fashion. Through the partnership, CSA has empowered 10 grazing associations with support and extension services; upskilled more than 150 individual farmers in basic livestock health, animal nutrition, veld management training and breed management; and incentivised these grazing association members to manage 4 000 hectares of high-biodiversity rangelands sustainably through the provision of vaccinations and market access.

This year, the focus has been on training and capacity-building for 12 grazing associations, to enhance their internal management and governance skills while still maintaining the integrity of locally appropriate and culturally sensitive business practices.

### THE CHALLENGES

In South Africa, there's been a reduction in government funding and delays in government contracting for restoration work. CSA's teams working in remote areas have had to manage their work under incredibly difficult conditions of power outages, water service failures, and intimidating service delivery protests. CSA has worked tirelessly to develop partnerships and sustainable enterprises, and to ensure that the good work continues despite these challenges – and it's largely thanks to its staff that CSA is still able to meet all of its programme goals and grow its impact.

The terrain in question is also harsh – the muddy roads, deep potholes and damaged verges in the Maloti-Drakensberg foothills; the semi-deserts of the Namaqualand; and the bushveld around the Kruger National Park. Fortunately, CSA has some equally tough and hard-working vehicles at its disposal. Driving their Toyotas, the CSA teams are able to reach more villages and talk to more people.

CSA'S APPROACH IS SIMPLE,  
YET TRANSFORMATIVE



### CSA'S SUCCESSES

#### Conservation

In the first decade of its work, CSA mobilised more than R200-million to support the conservation of 2.6-million hectares in the Karoo, the expansion of the Northern Cape's Namaqua National Park, and the protection of nearly 400 000 hectares in the Cape Floristic Region in the Western Cape.

#### Linking business and biodiversity

CSA then shifted focus to linking business with biodiversity,

which led to the creation of several successful strategies, including the Biodiversity & Wine Initiative (currently housed under WWF) and the Green Choice Alliance.

#### Current focus

At the moment, the organisation is dedicated to restoring landscapes and livelihoods for communal farmers in the Northern Cape, Eastern Cape, Mpumalanga and Limpopo. Rangelands cover 47% of the Earth's land surface and provide a livelihood to 180-million people globally, including more than 20-million pastoralists in Africa. More than 70% of South Africa is considered to be rangeland.

FORTUNATELY, CSA HAS SOME TOUGH AND HARD-WORKING  
VEHICLES AT ITS DISPOSAL