

80

Around 80 percent  
of Gabon is covered  
by rainforest.



The blue colour in Botswana's national  
flag represents rain, a primary source of  
prosperity in this arid country.

# Habari



## Digital art Marvellous Mosaics

This powerful portrait was created by Rofhiwa Mudau, a Johannesburg-based digital artist making waves in the creative industry. Mudau is well-known for his graphic illustrations that fuse multiple colour-palettes and geometrical shapes into one portrait. His love for art and graphics can be traced back to the South African village of Dopeni, where he was born.

~ @rophiwa\_kholomo\_mdau

Travel has its stresses, but new experiences offer great benefits to those who seek wanderlust.



## Nairobi

One of the smallest churches in the world, the Bethel Church, is located on the top of a hill in Uganda.



Shutterstock

### Indian food Hashmi Barbeque

This Indian restaurant moved from the (now demolished) Ukay Center to the new wing of Diamond Plaza. Try out their egg chapati, fish tikka, poussin chooza, salads and juices. Everything is truly great here. The new space is massive, with numerous booths. It's not fine dining, it's the kind of place you eat with your hands to feel the connection with your food.

### A bar with a view La Mesa

"The higher you go, the cooler it becomes": this adage rings true at Movenpick bar and restaurant on the 15th and 16th floors. La Mesa has colourful cushions, plenty of wood, and big windows that overlook Nairobi. Then there's the music: latino sounds that seem to emanate from all that polished wood. La Mesa specialises in tapas. It also has great cocktails. Order the homemade sangria or just chill with a frozen margarita. Both are good choices.

~ movenpick.com



Shutterstock



### African art Red Hill Art Gallery

It's a simple stone house set on a small green hill. This space is wholly devoted to a passion for African Art. If you're looking for an eclectic mix of styles in the modern and contemporary African space you'll be pleased to find some great artists at Red Hill Art Gallery. The art here has been amassed over a 25-year period. If you're lucky, you might be in time to attend one of their frequently held shows.

~ redhillartgallery.com

Nairobi page text: Jackson Biko

**“Live with no excuses and travel with no regrets”**

– African Proverb –



## What's On

Victoria, the capital of Seychelles, is the smallest capital in the world.

An introvert is more likely to travel to the mountains, while an extrovert is more likely to travel to the beach.

### Street party Costumes Galore

This pulsating and flamboyant Lagos Carnival has been organised in Nigeria's capital for over a century. It's an exciting opportunity for both Nigerians and visitors alike to celebrate, dance, and enjoy the jaw-dropping costumes.

~ ilovelagos.com.ng



Getty Images



### Sporting adventure More Than A Marathon

This hot and humid marathon is the challenge of a lifetime. Whether you run, jog or walk, the route will take you through lush green landscapes and welcoming local villages. The full five-day event takes place from 22-27 May.

~ sierraleone-marathon.com



### Online African Design

Contemporary African design has a new home online. A New York-based concept store, The Narativ, is bringing the best African-made designs, – from home accessories to footwear and jewellery – to the world

~ thenarativ.com



### Grooming Epic Beards

These South African beard enthusiasts want to make sure that beards everywhere get plenty of tender loving care. The Bearded Man offers beard oils, balms and waxes made from the very best organic ingredients. Their gift sets are ideal options for the Gandalf in your life.

~ thebeardedman.co.za

Habari text: Eva de Vries



### Kapoeta by Ambica Boho-Chic

This edgy collection of luxury handmade feather and silver jewellery, beaded suede garments and "boho-chic" apparel is sourced, designed and produced sustainably.

~ kapoetabyambica.com

Nigeria's nickname is the 'Giant of Africa' due to its size and the diversity of its people.



## Column

South Africa is home to the longest continuous wine route in the world, stretching from the Cape Winelands to the Klein Karoo.



Jackson Biko

# (R)aging Bull

I'm 41-years old. Anyone who tells me that I don't look my age has become a lifelong friend; sometimes against their will. I'm not middle-aged because I haven't started playing tennis at stuffy country clubs, and I don't wear a blazer with a handkerchief in its breast pocket. Nor have I started tucking my polo shirts into my jeans. But, I'm afraid that I might be sensing the early onset of a midlife crisis. I recently read an article that looked into what amounts to a midlife crisis in this day and age. It said that, while men previously entered into a midlife crisis by running off with younger women, wearing leather trousers, buying a loud motorbike (or a convertible car), piercing an earlobe or humming their equivalent of a Cardi B song, these days, men have resorted to working out obsessively. Physical fitness is the new midlife crisis. Men don't want to look their age. They're buying NutriBullets and searching for healthy NutriBullet recipes on Pinterest. They're also getting on bicycles, running marathons and following George Clooney on social media. Men now eat more salads than any other generation, which says a lot if you're an African male because we roast animals quite frequently.

I'm almost ashamed to say that I own a NutriBullet. It's red and silver, and it's posh. Ignorant friends come to my house and ask, "What the hell is that?" I don't care because it makes me feel younger than them. You can't be young and have a midlife crisis (unless you're existential). I've also been a jogger for 11 years, so that doesn't count as a midlife crisis either. In fact, my non-midlife crisis list is robust: I don't do smoothie fasts; I don't wear leather; and I don't admire motorbikes or have any inclination to mount one. However, I'd love a convertible; a proper one – in black – from Germany that smells of cowhide. I'll never pierce my earlobe even though Brian McKnight looks nice with his pierced ear.

But, to my surprise, I signed up for Muay Thai Boxing classes two months ago. (Some might understand this to be a midlife-crisis event.) It's like kickboxing, only you wear heinous, balloon-like shorts. There's a lot of punching, kicking,

elbowing, jumping, and crying out in agony because all these brutal activities shock 41-year-old bodies. I joined because I was getting bored of running, and talking about pace, average speed and running shoes in WhatsApp groups. I wanted something that could stretch my body. Shock it. So I joined.

Prior to my first session, I thought that I'd kick the hell out of men who tuck their polo shirts into their jeans. Instead, I found men in their early 20s, and none of them tucked their shirts into their jeans. They kicked faster, they punched harder and they didn't get tired; these boys brutalised me with untold violence. In the first week, I got bruises under my toes (you train barefoot). During the fourth week, I busted a knee and ended

**“Ignorant friends come to my house and ask, ‘What the hell is that?’”**

up in hospital at 2 a.m. Two weeks ago, something happened to my lower back. As I write this, I've been convalescing because of what my physiotherapist calls “muscle spasms”, but what I call “a pain in the buttocks”. Everybody thinks I'm crazy. Everybody. They ask if I'm training to be Batman. They say, “Just accept your age.” They say, “You're too old for this kind of sport.” These are carnivores who play squash in country clubs. I refuse to think that my injuries are as a result of my age.

In two weeks' time, I'll go back to face those rancid 20-year-olds. I bet they'll be shocked to see me. They'll have to kill me to stop me. All hail the middle-aged man!

Illustration: Hannah Wieslander

Rwanda's capital city Kigali is considered to be one of the cleanest cities in Africa.



## Arts & Culture

The Namib-Naukluft National Park is the largest conservation area in Namibia and one of the largest in the world.

### Not to miss in... Kigali, Rwanda

**Inzora Rooftop Cafe**  
Enjoy a perfect cappuccino while overlooking the hills from this small café behind the Ikirezi Bookshop. On Friday afternoons, the lovely team prepares delicious cocktails to celebrate the weekend.  
~ [inzoracafe.com](http://inzoracafe.com)

**Inema Arts Center**  
The Inema Art Center hosts exhibitions of upcoming Rwandan artists, and also serves as a venue for creative workshops. After enjoying the murals and lush garden outside, visitors can go in and chat with the artists.  
~ [inemaartcenter.com](http://inemaartcenter.com)

**Haute Baso**  
While exploring the uphill neighbourhood of Nyarutarama, make a stop at this original concept store offering unique fashion and other must-haves, from earrings to posters and pillow cases, all designed and made in Rwanda.  
~ [hautebaso.com](http://hautebaso.com)

### A unique experience Private Floating Island

Anchored on the ocean floor, this floating underwater hotel room is the ultimate in luxury. Encapsulated in a turquoise blue bubble, guests can lie in bed and watch schools of fish swim by. This incredible experience comes with a steep price tag, but it's sure to be unforgettable. The room is part of the luxurious Manta Resort on Pemba Island, close to Zanzibar, Tanzania.

~ [themantaresort.com](http://themantaresort.com)



### Festival Celebrating Music

Every year over 20,000 people travel to the peaceful Malkerns Valley in the Kingdom of eSwatini for the uniquely African MTN Bushfire Festival, which will take place from 24-26 May.

~ [bush-fire.com](http://bush-fire.com)

### Furniture From Lagos with Love

Ile Ilà (meaning House of Lines) was founded by Tosin Oshinowo to celebrate her native Yoruba culture. All of the furniture is designed and handmade in Lagos with a contemporary African look and feel.

~ [ile-ila.com](http://ile-ila.com)



**“If you want to know the end, look at the beginning”**

– African Proverb –