

The total length of the world's coastline is 350,016 km.

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Freddie Mercury, the former lead singer of the band Queen, was born in Zanzibar in 1946. His birth name was Farrokh Bulsara.



Habari

Art True Colours

Self-taught African-American artist Tiffany B. Chanel is driven by passion and purpose. Through her colourful, kaleidoscopic portraiture, she paints icons, such as popular Kenyan-Mexican actress Lupita Nyong'o, and everyday people with unapologetic vibrancy. "My goal in life is to create art that will outlive me and impact many people around the world," she says.

~ tiffanybchanelart.com



The **Cahora Bassa Lake** in Mozambique's Tete Province is Africa's second-largest artificial lake.



Nairobi

Couples who travel together develop increased feelings of intimacy.



Hiking Mt Longonot

If you want some exciting day-trip outdoor activity, leave Nairobi in the morning, drive 60 km to the floor of the Rift Valley, hike up Mount Longonot – a stratovolcano that overlooks the gorgeous Lake Naivasha – and be back in your hotel for a sundowner. Mount Longonot has lava canyons on its steep slopes and a caldera that's over a kilometer wide. Walk around it. The view up there is simply stunning. The mountain is in a national park, which means that you might see some animals, but nothing too dramatic.

Relaxing Boho Eatery

Sometimes it's nice to spend the day with birds, thickets and silence. At Boho Eatery in Karen – Nairobi's leafy suburb – you can do that after eating a sumptuous breakfast. You can then open a book and read to your heart's content; taking breaks to stretch and watch two birds fight in a tree. Vegans will find their menu appealing. While it's not entirely vegan, it offers a wide selection of vegan meals.

~ @bohoeatery



International cuisine Arbor Place

It's the food, silly. It's the prawn wontons, tiramisu, halloumi skewers, and home-made pasta that's tossed with chicken and bacon in a dreamy cream sauce. The food will not disappoint. But apart from the food, it's the ambience: the open-garden setting, the tables made from wooden pallets and the coasters made from papier-mâché. Once you've finished your meal, you can go shopping as Arbor Place is also a market of sorts.

~ @thearborltd

“If you don't know how deep the river is, don't step in”

– *Zambian proverb* –

Nairobi page text: Jackson Biko

Getty Images

Italian food La Terrazza

La Terrazza is only a few months old, but it's already popular. Forget their speciality for a second – Italian cuisine – and take in their art gallery. La Terrazza's walls are adorned with bold and astonishing paintings featuring Africa and African tribes. The food is amazing too. The fish is flown in regularly from the Kenyan coast, vegetables come from from local farmers and salamis arrive from Italy every fortnight.

~ laterrazzarestaurant.co.ke

The **drill monkey**, which is native to Nigeria, is also found in Cameroon and Equatorial Guinea.



What's On

The **Kalenjin people** of Kenya are famous for producing world-record-breaking runners.



African design Inside Look

London-based Nigerian interior designer Eva Sonaike is taking the world by storm with her African prints and textiles, which she uses to create beautiful fabrics and luxurious home décor.

~ @evasonaike

Festival Screen Time

Each year, the Zanzibar International Film Festival showcases more than 150 films made in Africa, the Middle East, Europe, Latin America, the US and Asia. Hosted on the beautiful island of Zanzibar, it's the perfect occasion to add some fantastic films to your beach holiday.

~ From 6 to 14 July in Stone Town, Zanzibar; @ZIFF_zanzibar



Design Nigerian Luxe

Mimi Shodeinde, the designer behind Miminat, says her designs are inspired by her Nigerian heritage and her love of travel and different cultures. This beautiful, sophisticated brand features homewares and furniture, radiating minimalism with a contemporary luxury touch.

~miminat.com

Seeing things Pretty in Pink

Just outside the Senegalese capital of Dakar lies Lake Retba, an extraordinary lake with a vivid pink colour. The water gets its rosy hue from the high concentration of Dunaliella salina algae, which produces the signature pigment. The colour is particularly visible during the dry season (from November to June) and is less visible during the rainy season (from July to October).



Alamy



Festival Arts, culture and techno

From theatre to dance, opera to cabaret, fine arts to folklore, and classical music to jazz, the National Arts Festival – 27 June to 7 July – in South Africa's Grahamstown is the largest and most vibrant celebration of the arts on the African continent. As well as the cultural programme, you'll find techno raves, medieval banquets, walking tours, and more.

~ nationalartsfestival.co.za

Habari text: Eva de Vries

The traditional name for **Victoria Falls** is **Mosi-oa-Tunya**, meaning “the smoke that thunders”.

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Column

The endangered pangolin, the scaly anteater native to Sub-Saharan Africa, is the only mammal in the world that is fully covered in keratin scales.



Jackson Biko

I'll Get My Coat

Everywhere I go people seem to be talking about golf. I go for a meeting and some chap with a moustache wants to talk to about his “session” over the weekend as if it were a massage. I interview someone and they have to bring up their handicap. There hasn't been a time in the history of mankind when men proudly talked about their handicap, until now. In bars, cafés and airport lounges (and in emails), it's golf this, golf that, my swing this, my swing that. Goodness, stop swinging for a minute and let us eat our dinner!

When Tiger Woods made his biggest comeback and (probably) the greatest upset any sport has witnessed, I was meeting my carpenter. Imagine that! That's how I'm going to remember that “historic” moment. I wanted him to build a shelf for my whisky bottles. Something fancy that could also hold wine glasses. I don't know which country you're from, but Kenyan carpenters never keep their word, so I stormed (ok, more like showed up) in his workshop unannounced – not the first time – and demanded my down payment back; but he served me tea to placate me. Tea! I took it hook, line and sinker.

Anyway, to cool off, I sat down on an unfinished chair and went on Twitter (yeah, not the smartest of moves), and I saw that “Tiger Woods” was trending. I thought, “Oh boy, hasn't that man gone through enough already; can't the world let him be?” Alas, it wasn't about the scandal; he had won (worn?) his fifth Masters' green jacket. When someone wins this green jacket, the previous owner awards it to them; and, in doing so, gives up the right to remove it from the grounds of Augusta National Golf Club. They call the two of you to the 18th green and tell you, “OK Smith, it's Carter's turn with the jacket, please present it to him.” And then Carter slips into a temporary green jacket (he'll get a customised one later), and the crowd claps but doesn't scream because golf fans are not like those pesky football fans.

For several days, all I heard about was Woods' greatness. People were calling him by his first name as if they went

through an initiation ceremony with him. They talked about Woods in bars, cafés, at my bank and in restaurants; men and women just going on and on. I wanted to stick fish fingers in my ears. I was sick of golf and golfers. My golfing friends don't get why I don't play golf. I always tell them the same thing, “Because you guys keep saying that you compete with yourselves.” I don't want to compete with myself. What's the joy in losing to myself? I want to beat someone in the traditional way. I like myself too much to beat myself.

“I wanted to stick fish fingers in my ears. I was sick of golf and golfers”

But I tip my hat to Woods because he spent so much time in the woods and now he seems to be out. His story is a reminder of how life imitates art. In this case, Woods imitates *Moby-Dick*, the book by Herman Melville; only Woods is the whale, figuratively and literally (he was known in the Las Vegas VIP nightclub scene – which eventually got him into trouble – as a “whale” because of his immense wealth). And, just like in the book where the whale bites off Captain Ahab's leg and Ahab goes out hunting the whale, Woods went out hunting the whale; the difference being that he was hunting himself because he's a golfer. After all those years in relative obscurity, he played against himself – at one of the world's biggest golf tournaments – and won. And now he has the green jacket to prove that he's not just back on the green, he's evergreen.

Illustration: Hannah Wieslander

In Senegal, traditional storytellers, singers, poets, musicians and oral historians are called “griots”.

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Arts & Culture

The islands in the **Zanzibar Archipelago** are also known as the Spice Islands, after their main export products: nutmeg, cinnamon and black pepper.

Books
Out of Africa

Need a little inspiration for your coffee table? Here are five brilliant books featuring our amazing continent.

Making Africa, A Continent of Contemporary Design
Showcasing the work of over 120 artists and designers, this book – developed in cooperation with renowned curator Okwui Enwezor – illustrates how design is fuelling economic, social and political change on the African continent. It's full of inspiring new approaches and solutions that everyone can learn from.

Everyday Africa
This beautifully designed, linen-covered book features the work of 30 photographers from across the continent. Derived from the well-known Instagram account @everydayafrica, the book strives to combat negative stereotypes of Africa.

Luxe Noir
This coffee-table journal, published twice a year, is devoted to promoting contemporary African art, design and travel. It celebrates the wealth of creativity and artistic expression from Africa and the diaspora.

The Family Album of Wild Africa
This fine collection of artistic black-and-white works by French photographer Laurent Baheux captures Africa's magnificent wildlife in incredible surroundings. Baheux is a United Nations Environment Programme Goodwill Ambassador.

Pangolin
The scaly pangolin is the most traded and poached mammal in the world. Four of the eight remaining species of pangolin can be found on the African continent, and proceeds from the book will be used to support conservation efforts.

Sport
Happy Feet

The Victoria Falls Marathon – 7 July – is your chance to run a marathon while enjoying one of the Seven Wonders of the World. As well as the famous 42.2-km run, there's also a half marathon and a 7.5-km fun run.



~ vicfallsmarathon.com



Shopping
Kitchen Confidential

Studio Badge creates delightful objects that bring joy to the kitchen. From chopping boards to bowls and plates, Studio Badge products are all proudly made in Ghana by top artisans using Ghanaian hardwood and other locally sourced materials.

~ studiobadge.com



Design
Bedtime Stories

From newborn essentials, such as fine bassinets, nursing pillows and changing baskets, to stunning boho home décor, Design Dua – founded by Ghanaian entrepreneur Coretta Owusu – offers beautiful, functional products made in Ghana. There's even a line of lovely beds for the fur baby in your life.

~ designdua.com

Festival
Tropical Trance

Mozamboogy – 31 July to 4 August – is a tropical trance-tech paradise, where you can dance barefoot in the sand and take part in an unforgettable adventure. This year's festival will take place in Ponta do Ouro, on the tropical Mozambican coast.

~ mozamboogy.com

