

The Côte d'Ivoire is the world's largest cocoa producer.



Nairobi

The African Nile crocodile is found in rivers, lakes and ponds throughout Burkina Faso.

Wild side River Rush

Looking for an adrenaline rush? Head to Tana River for some wild whitewater rafting in the rapids, or try a heart-stopping freefall down a 12-m waterfall. Rapids Camp Sagana offers kayaking and rafting, rock climbing, river trekking, camping and more. And if adrenaline's not your thing, you can always just relax with a book on their manicured lawns while you enjoy a luxurious breakfast or lunch.

~ raftinginkenya.com



Creative hub Kitengela Hot Glass

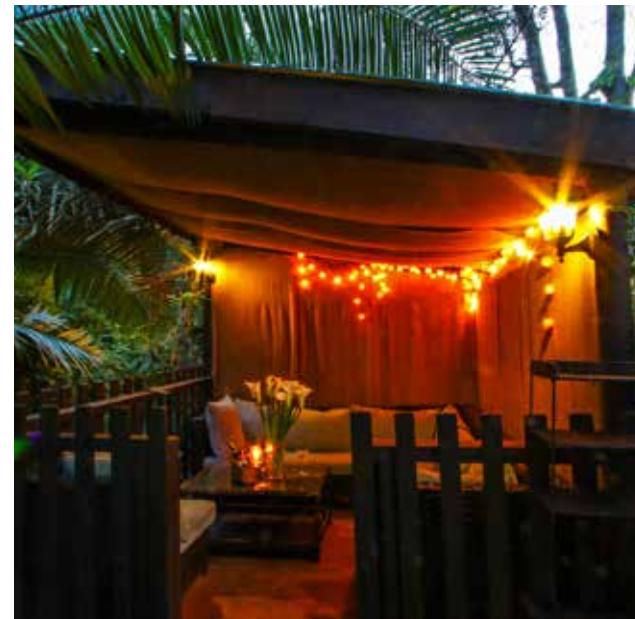
In the late 1970s, Nani Croze visited the Athi-Kapiti Maasailand plains and fell in love with its outstanding beauty. It was only natural, then, that in 1981 she started the Kitengela Hot Glass Studio there. Today, as well as being a training centre for artisans – who create artforms such as stained glass, mosaics, sculpture and pottery – the studio holds a range of regular activities.

~ kitengelaglassart.com

Restaurant About Thyme

Everybody who loves *love* enjoys a romantic dinner (think candlelight and soft music). But for it to be truly romantic, the setting can't be too obvious; it should look natural and be subtly beautiful. And the food should be great. So if you're looking to create some romance, consider the magical ambience of About Thyme restaurant at night: its low, leafy canopies make you feel like you're dining in the woods. Of course, if you don't do *love*, then brunch it is. Either way, you'll have a fantastic time at About Thyme.

~ about-thyme.com



Cultural visit Karen Blixen Museum

Did you know that Danish author Karen Blixen, of film, *Out of Africa*, fame, lived in a farmhouse in Nairobi from 1917 until 1931? This beautiful 19th-century farmhouse, which once housed love and eventually heartbreak, is now the Karen Blixen Museum. It's also the place where the film adaptation of Blixen's life was shot; *Out of Africa* went on to win seven Academy Awards in 1986, including Best Picture and Best Director. The museum and its tranquil garden surroundings are open every day to visitors.

~ museums.or.ke/karen-blixen



“If you want peace, you don't talk to your friends. You talk to your enemies”

– Desmond Tutu –

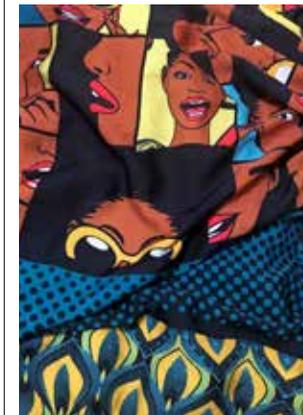
Nairobi page text: Jackson Biko

The name Burkina Faso means “Land of Incorruptable People”.



What's On

Cameroon is home to revitalising thermal springs.



Textiles Heart on Her Sleeve

Nigerian designer Ify Ojo specialises in Afro-infused fabrics for men's and women's apparel. Her stunning designs highlight a traditional African way of storytelling.

~ stelatextiledesignstudio.com

Festival Lake of Stars Shines

This year, the Lake of Stars festival takes on an exciting new format, bringing a unique lineup of music, talks, poetry, theatre, film, art and wellness activities from Malawi and beyond; all in an intimate, remote and inspiring setting. The three-day celebration will take place from 27 to 29 September at Kachere Castle, on the shores of beautiful Lake Malawi.

~ lakeofstars.org



Shopping Next-Gen Design

Everything produced by new African brand Ziyanda is striking. Designed by South African entrepreneur Zonke Ndaba, this collection of high-end appliances includes smart kettles, toasters and stand mixers, all with a sleek look and feel combined with a traditional African touch.

~ ziyandappliances.com



Sport Sanlam Cape Town Marathon

This world-class running event takes place on 15 September and features a marathon, peace trail and a 10km run/walk through Cape Town. The marathon starts at the famous V&A Waterfront and takes runners along a scenic route past landmarks such as District Six and the Castle of Good Hope.

~ capetownmarathon.com

Habari text: Eva de Vries

Nature Purple Reign

Holland has its fields of tulips, Japan has its cherry blossoms and Africa has its famous jacaranda trees, which explode into vivid purple flowers from September to November. That means that the streets of Harare and Pretoria – and everywhere in between – will soon be covered in a carpet of violet. Legend has it that if a flower falls on your head, you'll have good fortune.



istock

Addis Ababa lies at an elevation of 2,300 m, and rises as high as 3,000 m at the northern Entoto Mountains.

☀
Column

The Zanzibar Archipelago is made up of many islands. The larger islands include Unguja, with beautiful beaches, and Pemba, with unspoiled reefs.



Jackson Biko

Sole Man

If you fly with Kenya Airways frequently, you may have read that I joined a Muay Thai boxing class earlier this year. And that the class had fellows half my age (I'm 41) who would continuously, savagely and happily kick my behind. But I promised myself that I wouldn't quit. That I would break all the bones in my body before I waved the white flag and flatlined. Two months after joining, however, I developed a muscle spasm in my lower back and it was a wrap for me and Muay Thai. My only regret was that I wasn't around to show those young-uns the stuff I'm made of. They dodged a beating.

Anyway, because I'm a man, I didn't see a doctor for my back; I consulted some loudmouths in a bar, instead. They gave me the number of a physiotherapist, who worked on my back for two months without success. Then I consulted more men in more bars, and they put me on to another sports physiotherapist who wasted another three weeks of my time. At this point, I decided that being a man wasn't working for my back, so I saw an orthopedic surgeon, who was always in a crisp, well-cut suit. (The back business must be good.) I had an MRI (it's loud in that tube) and Snazzy Suits said that I had a muscle spasm and that I needed 10 rounds of physiotherapy, which, by the seventh one, hadn't done the trick.

Then someone (not in a bar, this time) suggested that I see an osteopath. I hadn't heard of such a person; it sounded like someone who drained fluids from lungs. *Osteopathy*, Google told me, is a form of alternative medicine that emphasises readjustments and manipulation of muscle and bone.

Mr Alternative Medicine had his practice in his apartment, where he'd turned one of the bedrooms into a clinic. He suggested five sessions, which weren't cheap. But by this time I had a back that felt like a gangplank, so I had no choice.

The first session was weird. I lay down and he proceeded to stare at the soles of my feet for a long while, as if he was admiring them. (I have lovely soles, in case you're wondering). Then he started prodding, pressing and kneading them with his fingers, while asking me odd questions: "Have you been

near a pregnant woman lately?" (Errm, not knowingly, why?) "Wait, there's something here on your throat." (You mean my feet?) "No, your throat...but it's something I don't like. When you laugh hard, do you produce phlegm?" (I couldn't remember when I last laughed hard. I'm not that kind of person.) "Do you have a problem with constipation?" (That information is private, no?) "You're due to see an optician." (My optician, a German missionary fella, died last year. God rest his soul.)

He kept prodding the soles of my feet and asking these terrifying questions. He seemed to want to know everything about my organs, but he never commented on my soul. I guess you don't wear your soul on your feet. Then he started press-

“I didn't see a doctor for my back; I consulted some loudmouths in a bar, instead”

ing my back and spine, with his head cocked sideways, as if my spine was the string of a musical instrument. Then he suggested that I buy a gym ball. So now I have a bouncy blue gym ball in my house. I sit on it at times, or lie on it to stretch my back. Sometimes – when I'm bored – I kick it against the wall. My visitors have taken to autographing it as if it's a cast. They write things about old age that they imagine to be funny.

I've now finished my sessions and I have to admit, I feel much better. I keep telling people to be kind to the soles of their feet. That the eyes might be the window to the soul, but the soles are the windows to every other place in the body.

Illustration: Hannah Wieslander

The Udzungwa Mountains National Park is Tanzania's first national park. It was created primarily to protect flora rather than fauna.

☀
Arts & Culture

Sibebe Rock in eSwatini is the world's second-largest monolith (after Australia's Uluru).

**Not to miss in...
Addis Ababa |
Ethiopia**

Addis Ababa
Most visitors head straight for Ethiopia's mountains or ancient churches as soon as they land in Addis Ababa, but it's definitely worth spending some time getting to know the fascinating capital for a couple of days.

Zoma Museum
This refurbished contemporary art museum is built with wattle and daub; its design was inspired by traditional Ethiopian construction techniques, expressed through a modern interpretation. Open Tuesday to Sunday.
~ zomamuseum.org

Mount Entoto
Want to escape the urban jungle and enjoy the city from above? Then take a hike up the 3,200-m-high Mount Entoto. Along the way, you'll pass through a refreshing eucalyptus forest and encounter a former imperial palace, as well as numerous monasteries and churches.

☕ **Coffee at Tomoca**
This cosy little café in the Piazza neighbourhood has been around since 1953, and it serves some of Addis Ababa's best coffee. The beans are roasted onsite, and the delicious black gold is served in small cups to patrons at high wooden tables.
~ tomocacoffee.com



Getty Images

**Architecture
Peak Perfection**

Renowned Burkinabé architect Francis Kéré designed the remarkable installation *Sarabalé ke* – “the House of Celebration” – for this year's Coachella Festival in California, US. The 12 colourful towers are inspired by the baobab trees in Kéré's home village of Gando in Burkina Faso.

~ kere-architecture.com

“A family tie is like a tree; it can bend but it cannot break”

– African proverb –

**Innovation
Bottoms Up**

Young entrepreneur Daniella Ekwueme is filling a gap in the Nigeria spirits market with her bottled palm wine company 'Pamii'. Not only is the wine delicious, the bottles' labels look fabulous, too.

~ passthepamii.com



**Shopping
Sustainable Style**

New Kenyan brand Lokol creates beautiful leatherworks from small, leftover pieces of hide. Their product line includes a range of wallets, pouches, sandals and bags in a variety of locally sourced animal hides.

~ **Instagram: @wearelokol**

