

SUMMER'S MOST *feel good* BREAKS AND HOLIDAYS



The very best of South Africa

Spring wild flowers that burst open across African countryside make August the time to enjoy the beauty of the Cape winelands and coast. Let experts Africa Travel construct a self-drive itinerary and you'll see the best of each. **CHECK IN** You'll spend your first three nights at the intimate five-star Last Word Franschhoek in the lovely winelands village of Franschhoek. It's an original Huguenot building with a serene charm matched by ever-helpful staff. Their tremendous attention to detail – flowers in the elegant bedrooms, picnic baskets to take into the countryside, bedside crème brûlées – turns a stay into an unforgettable experience. Then you'll move on to the Last Word Sea Five at

glam, palm-lined Camps Bay Cape Town. This colonial beach house has the same can-do outlook as its "sister", plus dramatic Atlantic and Table Mountain views.

EAT AND DRINK Visits to wine farms are a trip highlight. At Graham Beck (grahambeckwines.co.za), you sip bubbly as you watch it being made. Most fun is Rickety Bridge, where you can play boules between the vines and tuck into an exceptional cheese board (ricketybridge.com).

WHAT IT COSTS A six-night trip, with three nights B&B at each hotel, British Airways flights and car hire, costs from £1,695pp. Call 0845-4501535; africatravel.co.uk). Travel before end of September to get a free extra night at each hotel,

pre-dinner drinks and canapés, and a room upgrade when available.

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+ For 25% off a 14-day break, go to womanandhome.com; click "Offers".

+ FEEL-GOOD FACTOR

It's a shared adventure, with exhilarating scenery all around – the Franschhoek Pass will take your breath away! And you'll revel in decadent days padding across the powder-white sand of South Africa's most famous beach. Allow time for the full Cape Town experience, with shopping on the V&A Waterfront and a cable-car up Table Mountain. Factor in a glimpse of Drakenstein Prison, from where Nelson Mandela took the final steps of his long walk to freedom.