



# PULSE CAPE TOWN

**With the World Cup on its way in 2010, South Africa is a destination to watch. Annabelle Hood checks out a jewel in Cape Town's crown**

Wouldn't it be wonderful to be welcomed with a cocktail every evening as you walked back into your hotel? Well, your clients can prepare for such star treatment at the swish Westin Grand Cape Town Arabella Quays.

The 483-room hotel was relaunched a year ago as Westin's first property in Africa. Formerly the Arabella Sheraton Grand, it was the sponsor of Nelson Mandela's first 46664 concert in 2003 – its Grand Ballroom has welcomed the likes of Annie Lennox, Beyonce and Queen. Service is friendly, charismatic, and nothing is too much trouble – you can even exercise in the comfort and privacy of your own bedroom thanks to the Westin Workout concept, so it's great for fitness fans.

The hotel's 19th-floor Arabella Spa is the place to be, poised against the dramatic backdrop of cloud-tipped Table Mountain. This sky-high spa has an infinity pool and hot tub with views of the glittering skyline on one side and mountains on the other. Treatments include the signature TheraNaka African Wood Massage.

Venturing from the hotel, the views atop Table

Mountain (accessible by cable car) are worth the queues and whippy winds. Wine connoisseurs should head to the scenic vineyards of the Western Cape and taste the Zinfandel of their lives in the old cellars of the Blaauwklippen estate near Stellenbosch.

Back in town, fashionistas will love the designer boutiques at the V&A Waterfront. Lively Long Street houses the hippest bars and clubs, and buzzing Mama Africa is the place for a feast of barbecued ostrich, native springbok and crocodile to the sound of live marimba beats – not one for the vegetarians.

Head to trendy Capes Bay for an al fresco sundowner. And for a truly chic soiree, fine dine at The Showroom headed by chef supreme Bruce Robertson. Afterwards clients will be good for only thing: the Westin Grand's truly Heavenly Bed.

**How to book it:** Westin Grand Cape Town, from £80 per room per night, room only. Call 00800 325 95959 or visit [westin.com](http://westin.com). British Airways flies daily from Heathrow to Cape Town from £822 return, [ba.com](http://ba.com)

