



Edge of Africa....makes me smile

You know when your smile beams from ear to ear you're back in comfortable territory. This is Cape Town for me. Not necessarily a place I grew up in, but a place I have frequented over the years and spent many great days with my favorite cousin, Pauline.

Outings with her should always include food as she is a foodie with a five star Michelin heart! This lady is a natural protector and beacon for the those with less.

Her generosity has no boundaries!

After three weeks of Johannesburg and KwaZulu-Natal Natal, Cape Town is a haven! There is no water shortage in CT. There is less load shedding which is more organized and my cousin has the generators and inverters necessary to make life continue happening in the home front. One day after arriving, my sweet friends Lana and Van arrived to stay with us for ten days. Both were ready to chill, relax and regenerate.

Sunday was the Waterfront Market. This is a weekly event that blows your socks off. Everything is local. Everything is handmade.

Everyone stands behind their product and 100% believes in it. It is an incredible eclectic mix of food meets textile...bread, woven mats, flowers, honey, soaps, towels, coffee, hats, salts, jerseys.....

Monday was a 4 mile beach walk to my favorite cafe Bootleggers Coffee set on the beach front. Van excelled in his eating capacity and had to take an Uber home! I managed to stumbled back on my legs!



\$20 for three breakfasts.....this was Vans and this was mine.

The following day was a hike up Table Mountain. I have humbly learned to believe what I am told about how long and how hard these hikes are along with while i may think i am fit, I am not fit doing out of the ordinary! 2 miles % UP with more switch backs than I can count took the better part of 3 hrs and I was bent over every ten steps heaving for breath!



Finally at the top where one ice cold gonger beer and a bag of chips helped my self esteem!



Needless to say, we didnt hike down! The cable car was a great idea👍