

# life style

Travel DESIGN food



## wild africa

From Tanzania to Mozambique via Zanzibar, *InStyle's* beauty director gives readers a glimpse into her exotic honeymoon on safari



# into africa

InStyle's beauty director Alice Manning shares her honeymoon adventures travelling around EAST AFRICA

## PSST!

You must travel with visas for both Tanzania and Mozambique

With 90 guests, one rather gorge Jenny Packham dress, endless Dark and Stormy cocktails and a view over Cornwall's Camel Estuary, I married my boyfriend of ten years, Jonny, last summer. The lead up to the day was mercifully relaxed and lacking any of the pre-wedding stresses we had feared. The honeymoon was where it got tricky. After all, this would be the most important holiday of our lives. You've heard of Bridezilla? Well, I became Honeymoonzilla. I was desperate to go to St Barts in the Caribbean – the stomping ground of celebrities such as Beyoncé and Jay-Z – while Jonny wanted to go to Indonesia so he could surf (cut to me sitting on the beach looking bored for two weeks). New York, he suggested? Nope. I replied. Too stressful. Thailand? Hmm, we'd both been there before. As it turned out, there was only going to be one place we could agree on, and that was Africa: we are both in love with this beautiful continent and neither of us had ever visited its East coast. So we packed our matching safari jackets and headed off for a two-week luxury beach-safari.

## TRAVEL BUDDIES...

**MALARIA TABLETS**  
We took Malarone and had no problems at all.

**CAMERA MEMORY CARDS**  
We used four in all, along with our video camera.

**BINOCULARS** Take two pairs to avoid arguments.

**TORCHES** Don't forget spare batteries too.

**MEDICAL SUPPLIES**  
Mosquito spray, antiseptic cream, rehydration sachets, paracetamol and waterproof pasters

## TANZANIA Ngorongoro Crater Lodge

The luxury lodges are perched above the eponymous crater and the views are spectacular. Being a chilly 2,400 metres above sea level isn't a problem as they're decked out with cosy log fires. We admire the amber sunset as we sip gin and tonics on our balcony. **SEE...** In just 48 hours we spot an elephant, three lions, a zebra, impala, warthog, hippos and rhinos. **DINE...** The isolated location means all our meals are eaten at the hotel, but we're not complaining. The menu includes slow-roasted lamb with rosemary, and ricotta and apricot served with a mint-infused jus. **DRINK...** On arrival, we're given a champagne and mimosa cocktail. The most popular hit is hot chocolate with Amarula when it gets chilly. **PACK...** Layers, as temperatures drop to about 6°C before sunrise, warning up to 20°C later on. Safaris are all about indulgent food so take loose-fitting

clothing as you will start to feel the effect after a few days. My must-haves include a Marks & Spencer cashmere jumper, Current/Elliott leggings and a pair of Converse. **INSTAGRAM...** The drive from Kilimanjaro International Airport to the Lodge takes us through some beautiful landscapes – from the fields of rice and coffee to neon-yellow sunflowers and banana, mango and papaya trees. **EXPLORE...** A Maasai village. Dressed in traditional outfits, the villagers welcome us warmly and show us round one of the tribesmen's huts. We also buy some beautiful jewellery which is hand-made by the local women. **HONEYMOON HIGHLIGHT...** After every trek we return home to a hot, bubbly, rose petal-filled bath, which is a real treat. **TOP TRAVEL TIP...** You must have a certificate to confirm you've had a Yellow fever vaccination. **SHOP...** On the drive from the airport there are lots of shops selling hand-carved wooden furniture.

## Lake Manyara Tree Lodge

Imagine a tree house on stilts, with five-star comforts. It even has an outside

shower overlooking the wilderness. Nestled at the base of the Great Rift Valley, the landscape is lush and green.

**SEE...** The large lake attracts 400 species, from birds to buffalo. The area is famed for its tree-climbing lions and we also spot five giraffe wandering by the lake. **DINE...** Meals are served in the main lodge (unless you request room service) but you don't get bored because the chef has

created a vast menu – from pork ribs with spaghetti one night to marinated beef with sweet potato, followed by banana fritters the next. The packed lunches are legendary too.

**DRINK...** By day, the most amazing local coffee; by night, frozen gin and tonics, which we drink while bush babies noisily climb the trees.

**PACK...** We're starting to feel the consequences of all those delicious meals and have swapped jeans for baggie cotton trousers! Sunglasses are a must as you are constantly craning your neck, gazing up at the sky to spot birds.

We look at the pink horizon of flamingos from the hot spring, drinking a cold beer

Although we are advised against it – sharp things could penetrate the thin fabric – we wear Vans for comfort (fashion till I die). The bush babies are loud little things, so pack earplugs if you are a light sleeper.

**INSTAGRAM...** Our driver, Titus, promises us a prize if we spy at least ten birds a day – the local birdlife includes guinea fowl, Lake Manyara hartvogel, flamingos and storks. We love looking out at the pink horizon of flamingos from the hot spring while drinking a refreshing cold beer.

**EXPLORE...** We go out after dinner for a night drive and see four honey badgers, which are known to be incredibly shy. We also see a civet cat, hippo and a family of elephants with a teeny-tiny calf (cute). Elephants are fiercely protective, so we drive on.

**HONEYMOON HIGHLIGHT...** A surprise "bush bar" set up by the staff right next to the lake. It is well stocked with spirits and champagne, and they grill chicken skewers (the staff tell me it's flamingo and I fall for it) on a barbecue – all while we take in a beautiful glowing-pink sunset. We return to a candlelit table-for-two next to the swimming pool.

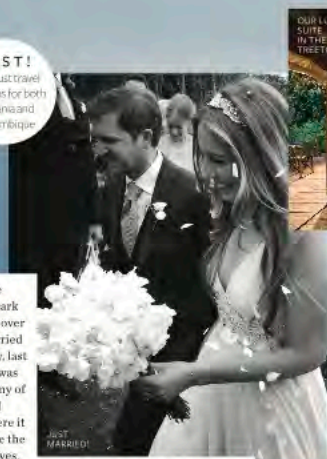
**SHOP...** Along the roads between Manyara and Arusha there are lots of legitimate jewellery shops selling local tanzanite. It comes in the colour of sapphires but without the lofty price tag, so nudge your partner in the ribs and hope for the best – I did...

**TOP TRAVEL TIP...** The Lodge is near water and the mosquitoes can be relentless. We carry repellent wherever we go – day and night – and get through about five cans during the trip. Make sure that "Deet" is listed high up on your chosen repellent's ingredients list as that's what deters the mozzies. It feels oddly romantic at night to climb under the mosquito net that hangs over our big four-poster bed. >

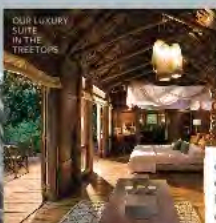
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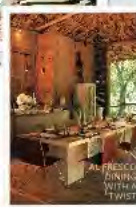
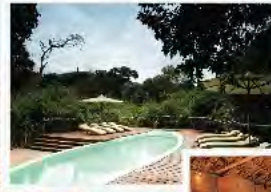
OUR BATHROOM IN NGORONGORO CRATER LODGE



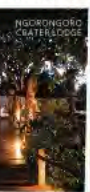
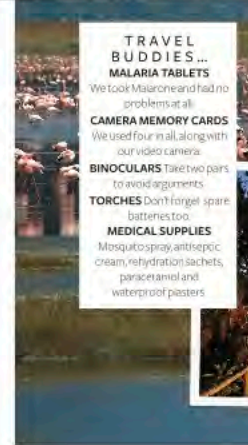
JUST MARRIED!



OUR LUXURY SUITE IN THE TREETOPS



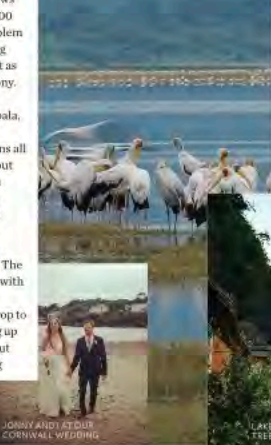
ALFRESCO DINING WITH A TWIST



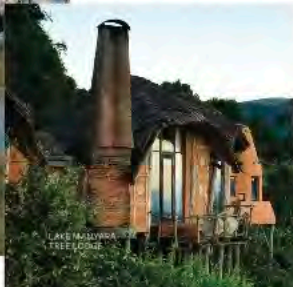
NGORONGORO CRATER LODGE



GIRAFFE BY LAKE MANYARA



JONNY AND TITUS CORNWALL WEDDING



LAKE MANYARA TREE LODGE





TOP 3  
AFRICAN-  
INSPIRED  
KINDLE  
DOWNLOADS

*Desert Flower* by Wars Dine  
*Out of Africa* by Karen Blyden  
*I Dreamed of Africa*  
by Kuki Gallmann

THE COLOURFUL  
MARKETPLACE



## ZANZIBAR Zanzibar Palace Hotel

This nine-bedroom boutique hotel is slap-bang in the heart of Stone Town. The roof-top mosaic bathroom is the best bit of our room: showering as you overlook the town and listen to the prayer calls from the local mosques makes for a lively and unusual start to the day. The antique furniture, Persian rugs, colourful silks, dim lighting and a four-poster dark wooden bed decked in flowers all create an exotic base for our stay.

**SEE...** This part of our trip is less about the wildlife and more about getting our culture-fix. Take a tour of the local markets (wear a scarf so you can cover your nose when you enter the fish market!), explore the bustling bazaars, Hindu temples and mosques, and take in the Arabic architecture.

**HONEYMOON HIGHLIGHT...** Watching the breathtaking sunset while drinking cocktails at Mercury's Bar (named after the late Freddie, who was born in Zanzibar). I have the Paris Hilton (Kahlúa, Amarula and milk over crushed ice), while Jonny has the Michael Jackson mojito. We'll never forget that pinky-gold sky.

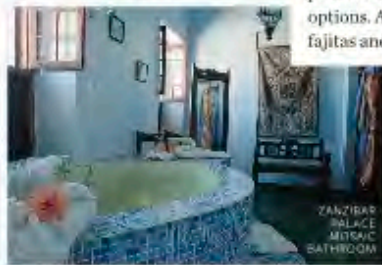
**DINE...** The labyrinth of narrow streets provides endless mouth-watering food options. At Mercury's we tuck into fajitas and amazing wood-fired pizza.

### PRESENTS TO TAKE HOME

**AMARULA** The local cream liqueur from the fruit of the African marula tree makes a perfect gift. Served with hot chocolate or coffee, or simply over vanilla ice cream, it's an instant hit.

**ANIMAL STORY BOOKS** Written and drawn by local villagers, you can find amazing ones all over the place and they are great for kids.

Stunning views  
in Stone Town



ZANZIBAR  
PALACE  
MOSAIC  
BATHROOM

BEACH  
BAY



**DRINK...** The Serena Inn and Africa House Hotel are both wonderful watering holes; being right on the coast, the sunsets are magical. Make sure you try the Zanzibar Palace Hotel's avocado, kiwi and banana smoothie.

**PACK...** We are excited to peel off some layers and enjoy the heat (between 22°C and 30°C). Stone Town is a Muslim town so you need to show respect for the locals. Gap's colourful Capri trousers, long-sleeved T-shirts and Missoni espadrilles keep me comfy. Sunglasses are essential, as is a trilby hat to prevent a burnt face.

**INSTAGRAM...** If you're into your artwork then you'll love all the vibrant paintings on offer by talented local artists. Also keep your eyes peeled for brass-studded wooden furniture.

**EXPLORE...** Book onto a spice tour. It costs about £33 per person and takes several hours. Vanilla, coriander, chilli, nutmeg and essential oils – there's lots to see (and smell!) and at the end of it you get to experience a fragrant meal cooked with local ingredients.

**TOP TRAVEL TIP...** Leave expensive jewellery behind. Our tour operator advised us beforehand against bringing our engagement and wedding rings, and, while we never feel nervous or threatened, there really is no need for pricey sparkles in Zanzibar. Accessorise with Isabel Marant's gorgeous colourful beaded jewellery instead. ▶



OLDEST LEST  
ORIGINAL AT  
STONE TOWN PALACE





## MOZAMBIQUE Vamizi Island Lodge

After the hustle and bustle of Zanzibar, we're staying at one of the island's private lodges. With its 12km stretch of pure white sand and turquoise water, we feel like we've arrived in paradise. Our lodge – which Nelson Mandela has stayed in – is ginormous, with a wooden terrace, a huge bed big enough for five, a free-standing shower and beach views. There are hand-carved shutters, and giant shells on every surface.

**SEE...** Colourful birds, monkeys and turtles – the Lodge is a WWF partner and promotes conservation.

**DINE...** You are limited to the Lodge for meals but this is certainly no hardship, with everything from freshly caught fish and steak to barbecued lobster on offer. Our favourite meal – which we have by candlelight on the beach – features crab and coconut curry with deep-fried risotto balls, finished with gin and tonic sorbet.

**DRINK...** Kir Royales and mango mojitos become our daily fix; they are the same colour as the sunsets.

**PACK...** High summer clothes. I wear a Melissa Odabash bikini and Missoni poncho. You can walk barefoot everywhere as the sand is so soft. For evening, forget heels, it's just not that kind of place: opt for pretty sandals like my Pedro Garcías. We experience light rain almost every day so a warm cardigan is essential for when it gets chilly.

### BEAUTY ESSENTIALS

**JURLIQUE  
MOISTURISING HAND  
SANITISER** I applied this  
vigorously at every location.  
**ESSIE TART DECO AND  
SEXY DIVIDE** To top up my  
wedding mani/pedi.  
**SKINCENTICALS ULTRA  
FACIAL DEFENCE SPF 50**

For those deceptively  
cloudy days.

**BOBBI BROWN  
LUMINOUS  
FOUNDATION** Light  
enough to apply at 5am.  
**LUCAS' PAPAW  
OINTMENT** Chapped lips  
on your honeymoon? I don't  
think so.

**BYREDO LA TULIPE**  
I bought this fragrance  
especially for my wedding  
and honeymoon.



**INSTAGRAM...** The freshly caught tuna and barracuda being brought up the beach, so you know to request it for supper. First come, first served.

**EXPLORE...** For a small island, the activities are endless – deep-sea fishing, diving, snorkelling, canoeing, kayaking or a trip on a traditional dhow. I do my first ever dive, going ten metres deep, and immediately get addicted to the bright coral and fish (but less addicted to the unforgiving wetsuit which I later trade for a Juliet Dunn beaded kaftan, an *InStyle* wedding pressie). Jonny, more advanced, goes to Neptune's Arm, one of the world's top ten dive sites.

**HONEYMOON HIGHLIGHT...** Releasing four turtles back into the sea. They were rescued as eggs and nurtured by the Lodge. We put them on the sand and they glide into the water.

**TOP TRAVEL TIP...** The incredible on-site therapist, Megan, comes to your lodge for private treatments. Time to refresh my pre-wedding manicure and pedicure. We also indulge in full body massages and an hour's yoga on the terrace – the perfect preparation for our flight home the following day. □

Alice travelled with *Enchanting Travels* ([enchanting-travels.com](http://enchanting-travels.com)), which offers a similar tailor-made itinerary at £8,980 per person, based on two sharing in high season. Price includes local domestic flights and transfers, full-board accommodation, drinks, game drives on safari and activities. *Enchanting Africa* ([enchanting-africa.co.uk](http://enchanting-africa.co.uk)); *Lake Manyara Tree Lodge and Ngongoro Crater Lodge* ([andbeyond.com](http://andbeyond.com)); *Zanzibar Palace Hotel* ([zanzibarpalacehotel.com](http://zanzibarpalacehotel.com)); *Vamizi Island Lodge* ([vamizi.com](http://vamizi.com)).

